

 **58%**
HEALTH SCORE

Sushi Roll: Maki

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch dissolved in 1 tablespoon water
- 1 cucumber english seeds removed, and sliced into 12 (7-inch) long by 1/ strips peeled
- 12 sheets nori approximately 5 by 7-inches (seaweed)
- 0.5 pound sushi grade salmon cut into 12 (7-inch) long by 1/ strips
- 6 scallions white green cut into 12 (7-inch) lengths
- 6 cups vinegared sushi rice prepared
- 1 tablespoon wasabi prepared
- 6 servings vinegared water

3 teaspoons tobiko (flying fish roe)

Equipment

knife

Directions

Special equipment: A bamboo sushi mat

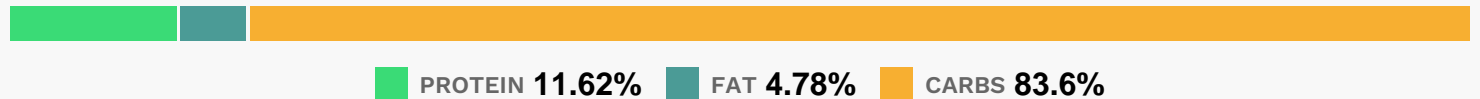
Heat the nori enough to make it supple, at about 325 degrees F for 3 minutes.

Place a sheet of nori on the bamboo mat with the wider part along the rolling edge of the mat.

Spread 1/2 cup of the rice over the surface of the nori, leaving about 1/2-inch of nori on the furthest edge uncovered so you will be able to seal the roll. Press the rice down firmly but gently.

Place a dab of wasabi – about 1/4 teaspoon – on your finger and spread a thin ribbon of wasabi from left to right along the centerline of the rice. On top of the line of wasabi, lay a length each of fish, cucumber, and scallion. Begin rolling the edge of the bamboo closest to you, using the mat to press down on the sushi roll firmly but gently as you roll. The nori should stick to itself when the roll is complete; if it doesn't, use the cornstarch slurry to moisten it. Dip a knife in vinegared water and cut the roll into 6 even slices. Repeat for each maki. Arrange the rolls cut side up on a plate and top each roll with 1/4 teaspoon tobiko.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:121.3, Inflammation Score:-6, Nutrition Score:23.328260804%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 765.65kcal (38.28%), Fat: 3.96g (6.1%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 155.97g (51.99%), Net Carbohydrates: 150.01g (54.55%), Sugar: 1.14g (1.27%), Cholesterol: 35.28mg (11.76%), Sodium: 84.34mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.67g (43.35%), Manganese: 1.93mg (96.49%), Selenium: 43.64µg (62.35%), Vitamin B3: 7.15mg (35.75%), Vitamin K: 33.26µg (31.68%), Vitamin B1: 0.45mg (30.11%), Vitamin

B12: 1.69µg (28.25%), Vitamin B6: 0.56mg (27.87%), Copper: 0.5mg (25.01%), Vitamin B5: 2.41mg (24.1%), Fiber: 5.96g (23.86%), Phosphorus: 237.35mg (23.74%), Iron: 4mg (22.22%), Magnesium: 74.04mg (18.51%), Vitamin B2: 0.31mg (18.4%), Zinc: 2.75mg (18.34%), Potassium: 471.5mg (13.47%), Folate: 42.85µg (10.71%), Vitamin A: 480.94IU (9.62%), Vitamin C: 6.73mg (8.16%), Calcium: 62.27mg (6.23%), Vitamin E: 0.18mg (1.2%)