Sushi-Roll Rice Salad

Vegetarian Vegan Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
300 min.	4	445 kcal

SIDE DISH ANTIPASTI STARTER SNACK

Ingredients

- [ ] 1 avocado
- [ ] 1 medium carrots
- [ ] 6 inch nori seaweed dried with scissors toasted very thin cut into strips (laver)
- [ ] 3 tablespoons pickled ginger drained sliced coarsely chopped
- [ ] 1 teaspoon salt
- [ ] 3 spring onion thinly sliced
- [ ] 0.3 cup seasoned rice vinegar
- [ ] 1 tablespoons nigella seeds toasted

- [ ] 8 shiso leaves fresh
- [ ] 1.5 cups short grain rice
- [ ] 1 tablespoon sugar
- [ ] 1.5 tablespoons vegetable oil
- [ ] 1.3 teaspoons wasabi paste (Japanese horseradish paste)
- [ ] 1.8 cups water

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] whisk
- [ ] baking pan
- [ ] wooden spoon
- [ ] colander
- [ ] peeler

Directions

- [ ] Rinse rice in several changes of cold water in a bowl until water is almost clear, then drain in a colander 30 minutes.
- [ ] Bring rice and 1 3/4 cups water to a boil in a 3- to 4-quart heavy saucepan, then simmer, covered, 2 minutes.
- [ ] Remove from heat and let rice stand, covered, 10 minutes (do not lift lid).
- [ ] While rice is standing, bring vinegar, sugar, and salt just to a boil in a very small saucepan, stirring constantly until sugar is dissolved, then cool 2 minutes.
- [ ] Spread rice in a large shallow baking pan, then sprinkle with vinegar mixture and toss with a wooden spoon.
- [ ] Shave thin lengthwise slices from carrot with a vegetable peeler, then cut slices diagonally into 1/4-inch-wide strips.
- [ ] Whisk together wasabi, remaining 1 1/2 tablespoons water, and oil in a bowl, then add rice, carrot, cucumber, scallions, pickled ginger, and sesame seeds and toss gently.

- [ ] Halve, pit, and peel avocado and cut crosswise into 1/4-inch-thick slices. Arrange 2 shiso leaves (if using) on each of 4 plates. Top with avocado and rice mixture and sprinkle with nori strips.

Nutrition Facts

PROTEIN **6.55%** FAT **28.94%** CARBS **64.51%**

Properties

Glycemic Index:83.98, Glycemic Load:50.31, Inflammation Score:-10, Nutrition Score:19.527391029441%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 444.57kcal (22.23%), Fat: 14.26g (21.95%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 71.54g (23.85%), Net Carbohydrates: 64.84g (23.58%), Sugar: 4.51g (5.02%), Cholesterol: 0mg (0%), Sodium: 606.68mg (26.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Vitamin A: 2909.5IU (58.19%), Folate: 229.69µg (57.42%), Manganese: 0.97mg (48.26%), Vitamin K: 40.74µg (38.8%), Vitamin B1: 0.48mg (32.07%), Fiber: 6.73g (26.9%), Vitamin B3: 4.31mg (21.54%), Iron: 3.79mg (21.07%), Vitamin B5: 1.76mg (17.57%), Selenium: 11.8µg (16.86%), Copper: 0.32mg (16.17%), Vitamin B6: 0.31mg (15.61%), Potassium: 443.98mg (12.69%), Vitamin C: 10.32mg (12.51%), Phosphorus: 113.97mg (11.4%), Vitamin E: 1.67mg (11.17%), Magnesium: 42.65mg (10.66%), Zinc: 1.34mg (8.9%), Vitamin B2: 0.14mg (8.27%), Calcium: 30.71mg (3.07%)