



Tuna Maki



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound thick ahi tuna cut into 3/4-inch strips
- ☐ 2 medium carrots julienned peeled
- ☐ 1 small daikon radish julienned peeled
- ☐ 0.5 optional: lemon thinly sliced
- ☐ 8 sheets nori seaweed dried cut in half crosswise () (seaweed)
- ☐ 0.5 cup pickled ginger sliced (gari)
- ☐ 8 servings soya sauce for dipping
- ☐ 0.3 cup wasabi paste

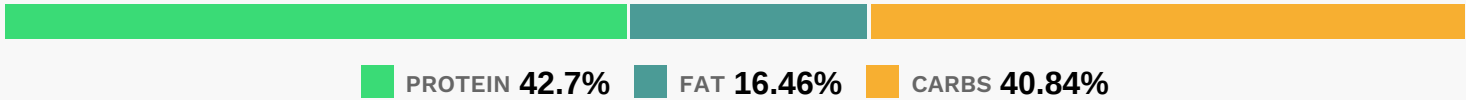
Equipment

- ☐ bowl
- ☐ knife
- ☐ cutting board

Directions

- ☐ Fill large bowl with ice water and lemon slices.
- ☐ Place sushi mat on cutting board with slats running crosswise. Arrange 1 sheet nori, shiny side down, on mat, lining up long edge of sheet with edge of mat nearest you. Lightly moisten hands with lemon water, then gently spread about 3/4 cup rice onto nori in even layer, leaving 1/2-inch border on long end opposite you.
- ☐ Brush 1/2 teaspoon wasabi paste in thin horizontal line across rice about 1 inch from side nearest you. Arrange about 1/8 of tuna strips in horizontal line atop wasabi line, cutting tuna as necessary to fit from side to side.
- ☐ Beginning with edge nearest you, lift mat up with thumbs, holding filling in place with fingers, and fold mat over filling so that upper and lower edges of rice meet. Squeeze gently but firmly along length of roll and tug top edge of mat away from you to tighten. (Nori border will still be visible below top edge of mat.) Open mat and roll log forward 1/4 turn, then fold mat over again and squeeze gently but firmly to seal nori border. Repeat to form remaining rolls.
- ☐ Transfer 1 roll, seam side down, to cutting board. Dip sharp knife into lemon water, shaking off excess. Slice roll in half, then cut each half into 3 pieces. Slice remaining rolls in same manner.
- ☐ Serve immediately with remaining wasabi paste, ginger, daikon, carrots, and soy sauce.

Nutrition Facts



Properties

Glycemic Index:16.79, Glycemic Load:1.41, Inflammation Score:-9, Nutrition Score:13.036087108695%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg,

Naringenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 88.24kcal (4.41%), Fat: 1.67g (2.57%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 7.01g (2.55%), Sugar: 2.52g (2.8%), Cholesterol: 10.77mg (3.59%), Sodium: 1040.49mg (45.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.5%), Vitamin A: 3305.86IU (66.12%), Vitamin B12: 2.67µg (44.56%), Vitamin C: 18.62mg (22.57%), Vitamin B3: 3.61mg (18.05%), Selenium: 10.95µg (15.64%), Vitamin B6: 0.26mg (12.95%), Phosphorus: 123.99mg (12.4%), Manganese: 0.22mg (11.12%), Vitamin D: 1.62µg (10.77%), Potassium: 376.24mg (10.75%), Magnesium: 42.02mg (10.5%), Fiber: 2.32g (9.26%), Vitamin B2: 0.14mg (8.37%), Copper: 0.16mg (7.92%), Vitamin B1: 0.12mg (7.74%), Iron: 1.18mg (6.58%), Folate: 26.03µg (6.51%), Vitamin B5: 0.54mg (5.38%), Calcium: 37.71mg (3.77%), Zinc: 0.55mg (3.66%), Vitamin E: 0.46mg (3.06%), Vitamin K: 2.26µg (2.15%)