



## Vegetarian Nori Rolls

 Vegetarian  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



5

CALORIES



359 kcal

### Ingredients

- 0.5 avocado julienned
- 1 small carrots julienned
- 0.5 cucumber julienned
- 1 teaspoon garlic minced
- 2 teaspoons honey
- 4 sheets nori seaweed
- 2 tablespoons rice vinegar
- 2 cups short grain rice white uncooked
- 0.3 cup soya sauce

- 3 ounces tofu firm cut into 1/2 inch strips
- 2.3 cups water

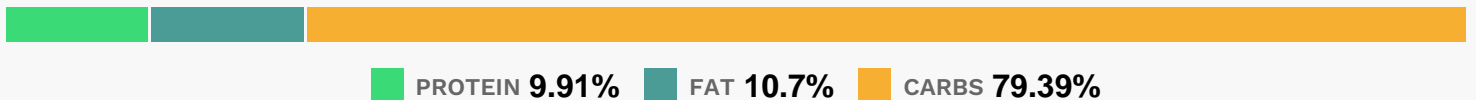
## Equipment

- bowl
- sauce pan
- serrated knife

## Directions

- In a large saucepan cover rice with water and let stand for 30 minutes.
- In a shallow dish combine soy sauce, honey and garlic. In this mixture marinate tofu for at least 30 minutes.
- Bring water and rice to a boil and then reduce heat; simmer for about 20 minutes, or until thick and sticky. In a large glass bowl combine cooked rice with rice vinegar.
- Place a sheet of nori on a bamboo mat. Working with wet hands, spread 1/4 of the rice evenly over the nori; leave about 1/2 inch on the top edge of the nori.
- Place 2 strips of marinated tofu end to end about 1 inch from the bottom.
- Place 2 strips of cucumber next to the tofu, then avocado and carrot.
- Roll nori tightly from the bottom, using the mat to help make a tight roll. Seal by moistening with water the 1/2 inch at the top. Repeat with remaining ingredients. Slice with a serrated knife into 1 inch thick slices.

## Nutrition Facts



## Properties

Glycemic Index:69.22, Glycemic Load:52, Inflammation Score:-9, Nutrition Score:15.418695512025%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin:

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## **Nutrients (% of daily need)**

Calories: 358.79kcal (17.94%), Fat: 4.21g (6.48%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 70.29g (23.43%), Net Carbohydrates: 65.96g (23.99%), Sugar: 3.59g (3.98%), Cholesterol: 0mg (0%), Sodium: 665.03mg (28.91%), Alcohol: 0g (100%), Protein: 8.77g (17.54%), Folate: 212.38µg (53.09%), Manganese: 0.99mg (49.43%), Vitamin A: 1829.8IU (36.6%), Vitamin B1: 0.49mg (32.76%), Iron: 4.13mg (22.96%), Vitamin B3: 4.25mg (21.23%), Selenium: 12.45µg (17.78%), Fiber: 4.33g (17.32%), Vitamin B5: 1.47mg (14.68%), Copper: 0.27mg (13.67%), Vitamin B6: 0.25mg (12.61%), Phosphorus: 113.82mg (11.38%), Magnesium: 35.05mg (8.76%), Zinc: 1.18mg (7.87%), Potassium: 267.07mg (7.63%), Vitamin K: 7.79µg (7.42%), Vitamin B2: 0.11mg (6.26%), Vitamin C: 4.57mg (5.54%), Calcium: 42.18mg (4.22%), Vitamin E: 0.51mg (3.42%)