



Veggie Sushi Rolls



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 avocado ripe thinly sliced
- ☐ 10 servings carrots peeled cut into thin matchsticks
- ☐ 1.3 cups sushi rice cooked (6 oz/185 g)
- ☐ 10 servings cucumber english peeled cut into thin matchsticks
- ☐ 1 sheet nori seaweed toasted (18 by 20 cm)
- ☐ 1 tablespoon sesame seed plus more for sprinkling toasted
- ☐ 1 teaspoon rice vinegar

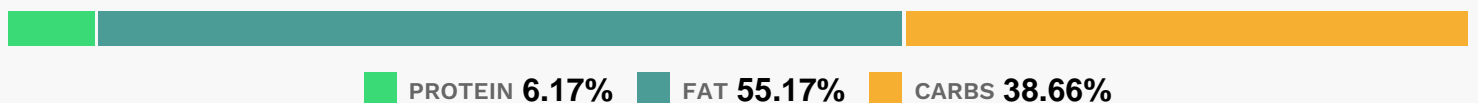
Equipment

- ☐ bowl
- ☐ knife
- ☐ microwave
- ☐ chopsticks

Directions

- ☐ Place the rice in a microwave-safe bowl.
- ☐ Add a few drops of water and microwave on high until the rice is warm and softened, about 30 seconds. Set the rice aside to cool.
- ☐ In a small bowl, combine the vinegar with 2 tablespoons water.
- ☐ Place a bamboo sushi mat on a work surface with the bamboo strips facing you horizontally.
- ☐ Place the nori sheet horizontally, shiny side down, on the mat, aligned with the edge nearest you. Dip your hands into the vinegar-water mixture and spread the cooled rice in an even layer over the nori sheet, leaving the top one-fourth of the nori uncovered.
- ☐ Sprinkle the sesame seeds over the rice, then arrange the cucumber and carrot sticks and the avocado slices in a horizontal strip across the bottom portion of the rice.
- ☐ Starting at the edge closest to you, lift the mat, nori, and rice over the filling to seal it inside, then roll up the sushi into a tight cylinder. Use your finger to lightly moisten the outer edge of the nori with the vinegar-water mixture to seal the roll. Dipping a sharp knife in water before each cut, cut the roll in half crosswise, and then cut each half crosswise into 4 equal pieces.
- ☐ Pack the sushi snugly into an airtight container and sprinkle with sesame seeds. Refrigerate until ready to go. Include little containers of soy sauce and/or pickled ginger, if you like. And don't forget the chopsticks!
- ☐ Create "training chopsticks" by binding the top ends together and then wedging them apart.
- ☐ Appears with permission from The Lunch Box: Packed with fun, healthy meals to go" by Kate McMillan & Sarah Putman Clegg. Photographs by Emma Boys. Copyright © 2011 by Weldon Owen, Inc.

Nutrition Facts



Properties

Glycemic Index:17.18, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:15.642608570016%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 188.54kcal (9.43%), Fat: 12.47g (19.18%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 11.91g (4.33%), Sugar: 4.45g (4.94%), Cholesterol: 0mg (0%), Sodium: 52.13mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Vitamin A: 10876.9IU (217.54%), Vitamin K: 33.87µg (32.26%), Fiber: 7.75g (31.01%), Folate: 82.28µg (20.57%), Potassium: 678mg (19.37%), Vitamin B6: 0.33mg (16.41%), Manganese: 0.33mg (16.31%), Vitamin C: 13.37mg (16.21%), Vitamin B5: 1.47mg (14.75%), Vitamin E: 2.12mg (14.1%), Copper: 0.25mg (12.34%), Vitamin B3: 2.18mg (10.91%), Magnesium: 41.66mg (10.42%), Vitamin B2: 0.16mg (9.69%), Phosphorus: 83.63mg (8.36%), Vitamin B1: 0.12mg (8.07%), Zinc: 0.93mg (6.17%), Iron: 0.93mg (5.17%), Calcium: 47.53mg (4.75%), Selenium: 2.04µg (2.91%)