



## Yaki Onigiri

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

### Ingredients

- 3 cups short grain rice white cooked
- 0.3 cup soya sauce for glazing

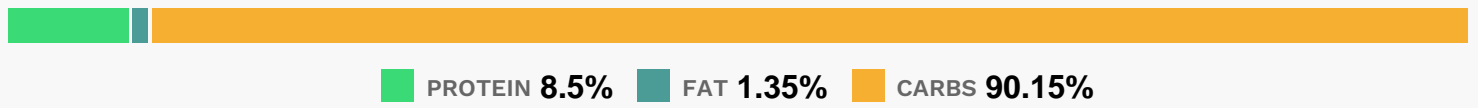
### Equipment

- grill
- tongs

### Directions

- Wet your hands and scoop balls of rice, approximately 2/3 cups of rice per ball, between your cupped palms. Squeeze and compress the rice balls to form it into a triangular shape.
- Brush the onigiri with the soy sauce and set aside until you are ready to grill. Onigiri made be made in advance and kept covered at room temperature for a few hours.
- Grill yaki onigiri over low heat on the edges of a grill, taking care not to burn the rice.
- Place the balls carefully on the grate and let the bottom sides harden and brown, about 10 minutes, before flipping them. Flip carefully with a pair of tongs so as not to break the compacted onigiri. Brown for another 10 minutes or so on the other side.
- Serve immediately, with extra soy sauce for dipping.

## Nutrition Facts



### Properties

Glycemic Index:24.25, Glycemic Load:94.01, Inflammation Score:-8, Nutrition Score:19.360434583996%

### Nutrients (% of daily need)

Calories: 545.7kcal (27.28%), Fat: 0.79g (1.22%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 119.53g (39.84%), Net Carbohydrates: 115.22g (41.9%), Sugar: 0.25g (0.27%), Cholesterol: 0mg (0%), Sodium: 811.47mg (35.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.55%), Folate: 349.11µg (87.28%), Manganese: 1.63mg (81.39%), Vitamin B1: 0.86mg (57.07%), Iron: 6.69mg (37.17%), Vitamin B3: 6.74mg (33.71%), Selenium: 22.77µg (32.52%), Vitamin B5: 1.99mg (19.85%), Fiber: 4.32g (17.26%), Copper: 0.33mg (16.73%), Phosphorus: 161.35mg (16.14%), Vitamin B6: 0.29mg (14.27%), Zinc: 1.71mg (11.42%), Magnesium: 40.3mg (10.07%), Vitamin B2: 0.09mg (5.53%), Potassium: 144.74mg (4.14%)