

# Yukari Shiso Salt Yaki Onigiri



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

## Ingredients

- 4 cups rice cooked
- 4 teaspoons salt

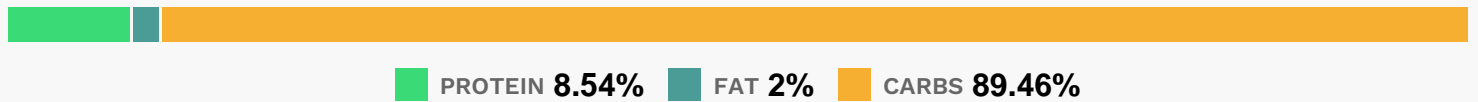
## Equipment

- bowl
- grill

## Directions

- Gently mix together the rice and yukari shiso salt in a bowl. Form into onigiri.
- Preheat a grill to medium. Grill the onigiri for about 8 minutes, turning twice. Grill the edges of the onigiri triangle, too, about 20 seconds per edge. The onigiri will have a crispy, caramelized crust when they're done.
- Serve immediately.
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## Nutrition Facts



### Properties

Glycemic Index:27.25, Glycemic Load:47.83, Inflammation Score:-1, Nutrition Score:4.6134782679703%

### Nutrients (% of daily need)

Calories: 205.4kcal (10.27%), Fat: 0.44g (0.68%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 44.51g (14.84%), Net Carbohydrates: 43.88g (15.96%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 2327.06mg (101.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Manganese: 0.75mg (37.59%), Selenium: 11.86µg (16.94%), Vitamin B6: 0.15mg (7.35%), Phosphorus: 67.94mg (6.79%), Vitamin B5: 0.62mg (6.16%), Copper: 0.11mg (5.54%), Zinc: 0.78mg (5.2%), Magnesium: 19.02mg (4.75%), Vitamin B3: 0.63mg (3.16%), Fiber: 0.63g (2.53%), Vitamin B1: 0.03mg (2.11%), Iron: 0.34mg (1.87%), Calcium: 17.24mg (1.72%), Potassium: 55.78mg (1.59%), Vitamin B2: 0.02mg (1.21%), Folate: 4.74µg (1.18%)