

Bulk recipe for 4 rolls; analysis for 1 roll (8 pieces).

Number of Servings: 4.0

Item Name	Quantity	Measure
Seaweed, dried, sheets (nori)	4	Each
Sushi rice, cooked	4	Cup
Avocado	1	Each
Imitation crab	1/2	Pound
Mayonnaise	1	Tablespoon
Masako (fish eggs)	1	Teaspoon
Mirin	1/2	Teaspoon
Light soy sauce	1/2	Teaspoon
Sesame seeds	2	Teaspoon

Notes

Nutrition Facts Information (1 roll; 8 Pieces)

Instructions:

1. Peel an avocado and cut it into 8 strips. Two strips needed per roll.
2. Put imitation crab in a bowl and mix with soy sauce, mirin, mayonnaise, and fish eggs.
3. Cover a bamboo mat with plastic wrap.
4. Put 1 sheet of dried seaweed on top of the mat.
5. Spread 1 cup of sushi rice on top of the seaweed and press firmly.
6. Sprinkle 1/2 tsp. of sesame seeds over the sushi rice.
7. Turn the sushi layer over so that the seaweed is on top.
8. Place 2 avocado strips and 1/4 of the mixed crab lengthwise on the seaweed.
9. Roll the bamboo mat forward, pressing the ingredients inside the cylinder-shaped sushi.
10. Press the bamboo mat firmly with hands then remove the rolled sushi.
11. Repeat steps 3-10 for the remaining 3 rolls.
12. Wipe knife with a wet cloth before slicing each sushi roll into 8 bite sized pieces.
13. Serve with wasabi and light soy sauce (*see nutrition analysis below*).

Wasabi Paste (per 1 tsp): 15 calories, 0.5 g fat, 0 g sat fat, 0 g trans fat, 0 mg chol, 100 mg Na, 3 g carb, 0 g fiber, 0 g sugar, and 0 g pro.

Soy Sauce (per 1 tsp.): 5 calories, 0 g fat, 0 g sat fat, 0 g trans fat, 0 mg chol, 200 mg Na, 0 g carb, 0 g fiber, 0 g sugar, and 0 g pro.

Nutrition Facts

Serving Size (303g)			
Servings Per Container			
Amount Per Serving			
Calories 420	Calories from Fat 100		
% Daily Value*			
Total Fat 12g	18%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 20mg	7%		
Sodium 600mg	25%		
Total Carbohydrate 68g	23%		
Dietary Fiber 5g	20%		
Sugars 5g			
Protein 11g			
Vitamin A 50%	• Vitamin C 15%		
Calcium 4%	• Iron 20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			