

Spicy Tuna Mega Roll

Chef *Kevin of Sun Cuisines*

RECIPE MAKES: 1 SERVING

INGREDIENTS

- 2 oz. tuna
- 1 piece rice paper 31cm
- 1 piece full-sheet Nori
- 4 oz. black rice
- 1 ¼ tsp. Marinated Black Rice Sauce
- 0.5 oz. romaine lettuce
- 0.5 oz. baked sweet potato
- 1 oz. avocado
- 0.75 oz. cucumber
- 1 oz. shredded carrot
- 0.75 oz. mango
- 0.3 oz. spicy mayo sauce
- 0.2 oz. thai sweet chili sauce

NUTRITION INFO

| Nutrition Facts | |
|-------------------------------|-------------------------------|
| servings per container | |
| Serving size | (298g) |
| Amount per serving | |
| Calories | 480 |
| | <small>% Daily Value*</small> |
| Total Fat 11g | 14% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 25mg | 8% |
| Sodium 680mg | 30% |
| Total Carbohydrate 75g | 27% |
| Dietary Fiber 6g | 21% |
| Total Sugars 17g | |
| Includes 5g Added Sugars | 10% |
| Protein 21g | |
| Vitamin D 1mcg | 6% |
| Calcium 37mg | 2% |
| Iron 4mg | 20% |
| Potassium 572mg | 10% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Roll marinated black rice with tuna, lettuce, sweet potato, avocado, cucumber, shredded carrot and mango
2. Wrap with seaweed wrap
3. Slice into 8 separate pieces and serve
4. Enjoy!

Healthy Options

