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## Spicy Mini Chirashi Salad ♦

Spicy Mini Chirashi Salad is a delicious and refreshing salad made with fresh vegetables, sushi rice, and spicy dressing. It is a popular Japanese dish that is perfect for lunch or as a light dinner. The salad is packed with flavors and textures, making it a satisfying and healthy meal option.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

200 g	Sushi rice
100 g	cucumber
50 g	carrot
50 g	Avocado
50 g	radish

20 g	spring onion
10 g	Sesame Seeds
30 ml	soy sauce
30 ml	rice vinegar
15 ml	sriracha sauce

## Directions

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### Step 1

Boiling

Cook the sushi rice according to package instructions.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Slice the cucumber, carrot, avocado, and radish into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Cutting

Chop the spring onion.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

In a small bowl, mix together soy sauce, rice vinegar, and sriracha sauce to make the spicy dressing.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

In a large bowl, combine the cooked sushi rice, sliced vegetables, and spicy dressing. Mix well.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Garnishing

Garnish with chopped spring onion and sesame seeds.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 8 g

**Protein:** 8 g

**Carbohydrates:** 60 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	8 g	21.05%	32%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer

### Events

Thanksgiving

Valentine's Day

### Cuisines

Italian

Japanese

Spanish

### Course

Salads

Snacks

Sauces & Dressings

### Cooking Method

Steaming

Simmering

Serving

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Easy

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