

Soba Sushi Rolls

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-japanese-cheesecake-recipe>

Ingredients:

- 9 ounces soba noodles dried
- 1 mango medium
- 1 kirby cucumber medium, peeled
- 1/2 avocado medium, pitted and peeled
- 3 ounces smoked salmon
- 4 sheets nori seaweed
- 1/4 cup sauce cold noodle, found at any Asian grocery store

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 15 grams
7. SaturatedFat: 1 grams
8. Sodium: 1000 milligrams
9. Sugar: 10 grams

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