

Salmon and Black Sesame Onigiri (Japanese Rice Balls)

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/world-s-best-japanese-fish-recipe>

Ingredients:

- 4 ounces smoked salmon thinly-sliced
- 3 cups short-grain rice cooked
- 2 tablespoons black sesame seeds toasted
- 1/4 teaspoon salt or less, if needed
- 1 sheet toasted nori cut in 4 strips

Nutrition:

1. Calories: 1190 calories
2. Carbohydrate: 239 grams
3. Cholesterol: 15 milligrams
4. Fat: 10 grams
5. Fiber: 10 grams
6. Protein: 33 grams
7. SaturatedFat: 1 grams
8. Sodium: 1430 milligrams

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