

Swiss Chard Mehari Zushi

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-rice-recipe>

Ingredients:

- 3/4 pound Swiss chard
- 13/16 teaspoon salt
- 1/2 teaspoon soy sauce
- 1 teaspoon rice vinegar
- 1 teaspoon mirin
- 1/2 teaspoon sugar
- 1 1/4 teaspoons kelp Konbu
- 2 cups rice uncooked
- 1 tablespoon white sesame seeds

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 31 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. Sodium: 700 milligrams
7. Sugar: 1 grams

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