

sushi nutrition california roll

sushi nutrition california roll is a popular topic among sushi lovers and health-conscious individuals alike. The California roll, known for its distinctive combination of crab meat, avocado, cucumber, and seasoned rice, offers not only delicious flavors but also a unique nutritional profile. Understanding the sushi nutrition california roll is essential for those who want to enjoy this dish while maintaining a balanced diet. This article explores the detailed nutritional content of the California roll, including its calorie count, macronutrient composition, vitamins, minerals, and potential health benefits. Additionally, it compares the California roll to other sushi types and offers tips on how to incorporate it into a healthy eating plan. The following sections provide a comprehensive guide to the sushi nutrition california roll and its role in a nutritious diet.

- Nutritional Breakdown of the California Roll
- Health Benefits of the California Roll
- Comparison with Other Sushi Rolls
- Considerations and Potential Drawbacks
- Tips for Incorporating California Rolls into a Healthy Diet

Nutritional Breakdown of the California Roll

The sushi nutrition california roll can be analyzed by examining its primary ingredients: imitation crab (surimi), avocado, cucumber, sushi rice, and seaweed (nori). Each component contributes specific nutrients that collectively define the roll's nutritional value. Typically, a standard California roll consists of six to eight pieces, and the nutritional values can vary slightly depending on preparation methods and portion sizes.

Calorie Content

A typical six-piece California roll contains approximately 250 to 300 calories. The calorie count primarily comes from the sushi rice, avocado, and imitation crab. Sushi rice is seasoned with sugar and vinegar, which adds to the carbohydrate and calorie content. Avocado provides healthy fats that contribute to the overall calorie count but also offer nutritional benefits.

Macronutrients

Understanding the macronutrient composition is crucial to evaluating the sushi nutrition california roll's impact on diet:

- **Carbohydrates:** Sushi rice is the main source, providing around 30-40 grams per roll. Carbohydrates fuel the body and are vital for energy.
- **Protein:** The imitation crab offers about 7-9 grams of protein per roll, which supports muscle maintenance and repair.
- **Fats:** Avocado contributes healthy monounsaturated fats, approximately 5-7 grams per roll, aiding in heart health and satiety.

Vitamins and Minerals

The California roll is a modest source of several essential vitamins and minerals. Avocado is rich in vitamin E, vitamin K, and potassium, while the seaweed (nori) provides iodine, which is important for thyroid function. Cucumber adds small amounts of vitamin C and dietary fiber, supporting overall health and digestion.

Health Benefits of the California Roll

The sushi nutrition california roll contains ingredients that contribute to various health benefits. Its balanced macronutrient profile and inclusion of nutrient-dense components make it a favorable option for many diets.

Heart Health

Avocado's monounsaturated fats are known to improve cardiovascular health by lowering bad cholesterol (LDL) and increasing good cholesterol (HDL). Incorporating California rolls into a diet can support heart function, especially when consumed in moderation and as part of a balanced diet.

Low in Saturated Fat

Compared to other sushi rolls that include fried ingredients or mayonnaise-based sauces, the California roll is relatively low in saturated fat. This characteristic makes it a healthier choice for individuals monitoring their fat intake or aiming to reduce the risk of heart disease.

Rich in Micronutrients

The seaweed wrapping provides iodine, an essential trace element that supports thyroid health and metabolism. Additionally, avocado delivers antioxidants and vitamins that help combat oxidative stress and inflammation.

Comparison with Other Sushi Rolls

When analyzing sushi nutrition california roll against other popular sushi rolls, differences in calorie content, fat, and protein become apparent. Such comparisons can guide consumers in making informed dietary choices.

California Roll vs. Spicy Tuna Roll

The spicy tuna roll typically contains raw tuna mixed with spicy mayo. It tends to have a higher fat content due to the mayo and may be richer in protein from the tuna. However, it also contains more calories and saturated fat compared to the California roll.

California Roll vs. Tempura Roll

Tempura rolls include battered and deep-fried components, significantly increasing their calorie and fat content. In contrast, the California roll is not fried, making it a lighter and healthier option overall.

California Roll vs. Nigiri Sushi

Nigiri sushi consists of a slice of fish atop a small mound of rice. Nigiri generally has fewer calories and carbohydrates than the California roll but varies depending on the type of fish used.

Considerations and Potential Drawbacks

While the sushi nutrition california roll offers many benefits, certain factors should be considered to maintain a healthy diet.

Sodium Content

Imitation crab and soy sauce, often served alongside California rolls, can contain significant amounts of sodium. Excessive sodium intake may contribute to hypertension and cardiovascular issues. Moderation and

choosing low-sodium soy sauce alternatives can mitigate this risk.

Added Sugars in Sushi Rice

Sushi rice is typically seasoned with sugar and rice vinegar. This added sugar increases the carbohydrate content and can affect blood sugar levels, especially for individuals with diabetes or insulin sensitivity.

Use of Imitation Crab

Imitation crab is a processed seafood product that may contain additives, preservatives, and lower protein quality compared to real crab meat. Those seeking higher-quality protein sources may prefer sushi rolls made with fresh seafood.

Tips for Incorporating California Rolls into a Healthy Diet

To maximize the health benefits of the sushi nutrition california roll while minimizing potential drawbacks, consider the following tips:

1. **Portion Control:** Limit consumption to one or two rolls per meal to manage calorie intake effectively.
2. **Choose Low-Sodium Options:** Opt for low-sodium soy sauce or use it sparingly to reduce sodium intake.
3. **Balance with Vegetables:** Complement California rolls with vegetable-based dishes or salads to increase fiber and nutrient diversity.
4. **Limit High-Calorie Add-ons:** Avoid adding tempura flakes, mayonnaise, or other high-fat toppings that increase calorie and fat content.
5. **Include Fresh Seafood Rolls:** Incorporate other sushi varieties with fresh fish to enhance protein quality and nutrient intake.

Frequently Asked Questions

What are the main nutritional components of a California roll?

A California roll typically contains crab or imitation crab, avocado, cucumber, sushi rice, and seaweed, providing a balance of carbohydrates, protein, and healthy fats.

How many calories are in an average California roll?

An average California roll contains approximately 250 to 300 calories per 8-piece serving, depending on the ingredients and portion size.

Is a California roll a healthy sushi option?

Yes, a California roll can be a healthy option as it includes nutrient-rich ingredients like avocado and cucumber, along with moderate protein from crab or imitation crab, but it is important to watch portion sizes and avoid high-sodium sauces.

Does a California roll contain a significant amount of protein?

A California roll contains a moderate amount of protein, usually around 7-10 grams per serving, mainly from the crab or imitation crab meat used.

Are California rolls suitable for people on a low-carb diet?

California rolls are generally not ideal for strict low-carb diets because they contain sushi rice, which is high in carbohydrates, but they can be enjoyed in moderation or with modifications like using cauliflower rice.

How much sodium is typically found in a California roll?

The sodium content in a California roll can vary, but it usually ranges from 500 to 700 milligrams per serving, mainly due to imitation crab and soy sauce if used.

Can a California roll be part of a weight loss diet?

Yes, a California roll can be included in a weight loss diet when consumed in moderation, as it provides a balanced mix of macronutrients and can be filling without excessive calories.

Additional Resources

1. The Nutritional Secrets of Sushi: A Comprehensive Guide to Healthy Rolls

This book explores the nutritional components of various sushi types, with a special focus on the California roll. It breaks down the calories, macronutrients, and vitamins present in sushi ingredients like avocado, crab, and seaweed. Readers will learn how sushi can fit into a balanced diet and how to make healthier

sushi choices.

2. California Roll and Beyond: The Science of Sushi Nutrition

Delving into the science behind sushi ingredients, this book explains how the California roll is crafted to provide a balanced mix of proteins, carbohydrates, and fats. It discusses the health benefits of traditional sushi components and offers insights into nutrient absorption when eating sushi. The author also compares homemade versus restaurant sushi from a nutritional standpoint.

3. Sushi for Health: Understanding the Benefits of the California Roll

This book provides an accessible overview of sushi's health benefits, emphasizing the California roll as a popular and nutritious option. It covers the role of omega-3 fatty acids, dietary fiber from seaweed, and antioxidants found in sushi ingredients. Practical tips are given for incorporating sushi into a heart-healthy diet.

4. The Ultimate Guide to Sushi Nutrition and Wellness

Focusing on overall wellness, this guide highlights how sushi, including the beloved California roll, can contribute to a nutritious lifestyle. It includes detailed nutritional profiles, meal planning ideas, and advice on selecting sushi rolls that maximize health benefits while minimizing excess sodium and calories. The book also addresses common dietary concerns related to sushi consumption.

5. From Rice to Roll: The Nutritional Journey of the California Sushi Roll

This book traces the ingredients of the California roll from their origins to their nutritional impact on the human body. It explains how each component, such as sushi rice, imitation crab, and cucumber, contributes to the roll's overall health profile. Readers gain a deeper appreciation of the balance between flavor and nutrition in sushi making.

6. Sushi Nutrition Myths and Facts: The California Roll Edition

Addressing common misconceptions, this book debunks myths about sushi nutrition with a focus on the California roll. It provides evidence-based information on topics like mercury content, calorie counts, and carbohydrate intake. The book empowers readers to make informed decisions about sushi consumption.

7. Plant-Based Sushi: Nutritional Insights on California Rolls and Alternatives

This book caters to those interested in plant-based diets by analyzing the nutritional value of vegan and vegetarian California roll versions. It discusses plant-based substitutes for traditional ingredients and their impact on health. The book includes recipes and tips for creating nutritious, delicious plant-based sushi rolls.

8. Eating Sushi in California: Nutrition Trends and Health Benefits

Focusing on the regional popularity of sushi, this book examines how California's food culture has influenced sushi nutrition trends, especially the California roll. It explores how local ingredient sourcing and dietary preferences shape the nutritional qualities of sushi. Readers will find insights into sushi's role in Californian health and wellness practices.

9. Sushi and Superfoods: Enhancing the California Roll with Nutrient-Rich Ingredients

This book introduces ways to boost the nutritional value of the California roll by incorporating superfoods like chia seeds, quinoa, and kale. It provides recipes and nutritional analyses to help readers create sushi rolls that are both tasty and nutrient-dense. The book emphasizes combining traditional sushi techniques with modern health trends.

Sushi Nutrition California Roll

Find other PDF articles:

<https://staging.massdevelopment.com/archive-library-709/files?docid=Ujl54-0106&title=teacher-salary-loudoun-county.pdf>

sushi nutrition california roll: The Abs Diet Ultimate Nutrition Handbook David Zinczenko, 2009-12-22 Furnishes the latest information on smart nutritional and exercise choices to help readers lose weight, stay fit, and maintain a healthy lifestyle, furnishing restaurant tips, quick and easy recipes, and an overview of the one hundred best foods.

sushi nutrition california roll: Nutrition Paul M. Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2016-08-05 Written for majors and advanced non-majors, the Sixth Edition of Nutrition provides a modern, comprehensive introduction to nutrition concepts, guidelines, and functions. Its student-focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition.

sushi nutrition california roll: *Nutrition* Dr. Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2016-08-08 Written for majors and advanced non-majors, the Sixth Edition of Nutrition provides a modern, comprehensive introduction to nutrition concepts, guidelines, and functions. Its student-focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition.

sushi nutrition california roll: **Nutrition with Navigate Advantage Access** Dr. Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2022-02-01 Written for major and advanced non-major course offerings, Nutrition, Seventh Edition provides students with a comprehensive, current, and science-based introduction to nutrition concepts, guidelines, and functions. It's student-focused approach provides information about topics and issues that concern them -- a balanced diet, nutritional supplements, weight management, exercise, and much more. Throughout each chapter readers will engage with the latest dietary guidelines, scientific evidence, and national standards to help individuals follow a healthy dietary pattern at every life stage.

sushi nutrition california roll: *Nutrition Diva's Secrets for a Healthy Diet* Monica Reinagel, 2025-09-23 Tired of trying to figure out what you should be eating for breakfast, or whether it's ever OK to eat before going to bed? Want to know which type of milk, or cereals, or meats are best so that food shopping is easier? Millions of people already eat, look, and feel better thanks to popular podcast host and board-certified nutritionist Monica Reinagel. In her highly-anticipated guidebook she sorts through all the conflicting nutrition information out there and busts outdated food myths, so you'll know exactly what to eat (and what to avoid) once and for all. Don't worry if pasta makes you happy, if chocolate keeps you sane, or if you just can't stand broccoli; no food is off limits and none is required. Instead, Monica walks you through every aisle of the grocery store and through each meal and snack of the day, helping you make healthier choices and answering your burning questions, including: - How often should you eat? - Which organic foods are worth the extra cost? - Does cooking vegetables destroy the vitamins? - Should foods be combined in certain ways for better

digestion? Complete with grocery shopping lists, simple, delicious recipes, and sample meal plans, Nutrition Diva's Secrets for a Healthy Diet will have you feeling healthier, looking better than ever before, and no longer worrying about what to eat for dinner.

sushi nutrition california roll: Oishii Eric C. Rath, 2021-04-15 Sushi and sashimi are by now a global sensation and have become perhaps the best known of Japanese foods—but they are also the most widely misunderstood. Oishii: The History of Sushi reveals that sushi began as a fermented food with a sour taste, used as a means to preserve fish. This book, the first history of sushi in English, traces sushi's development from China to Japan and then internationally, and from street food to high-class cuisine. Included are two dozen historical and original recipes that show the diversity of sushi and how to prepare it. Written by an expert on Japanese food history, Oishii is a must read for understanding sushi's past, its variety and sustainability, and how it became one of the world's greatest anonymous cuisines.

sushi nutrition california roll: Sushi Cookbook for Beginners Sarah Roslin, Do you want to learn how to make sushi at home but don't know where to start? Are you passionate about Japanese cuisine and looking for a guide? Scroll up and click on the Buy Now button to discover Japanese cuisine!

sushi nutrition california roll: Practical Applications in Sports Nutrition Heather Hedrick Fink, Alan E. Mikesky, 2023-11-27 Practical Applications in Sports Nutrition, Seventh Edition provides students with the latest sports nutrition information and dietary practices enabling them to assist athletes and fitness enthusiasts in achieving their personal performance goals. Drawing from the latest data and statistics from nutrition research and guidelines, the authors demonstrate effective ways to communicate sports nutrition messages to athletes and outline how to motivate individuals to make permanent behavior change. Early chapters introduce sports nutrition and give a thorough explanation of macronutrients, micronutrients, and water, and their relation to athletic performance. Later chapters focus on the practical and applied aspects of sports nutrition including behavior change through consultations and weight management.

sushi nutrition california roll: The Men's Health Big Book of Food & Nutrition Editors of Men's Health Magazi, Joel Weber, 2010-12-21 In the aisles of the grocery store, the menus of chain restaurants, even in one's own refrigerator, confusion about how to eat right reigns: Is low-carb good or is carbo-loading the better way to go? Fat-free or sugar-free? And when did those dreaded eggs become a health food? Americans are hungrier than ever for clear-cut answers to their most perplexing food questions, but a private nutritionist or a membership in a diet club are expensive luxuries. What you really need is an authoritative, encyclopedic source at your fingertips. The Men's Health Big Book of Nutrition is the ultimate guide to shopping, dining, and cooking for bigger flavor-and a leaner body. It answers the ongoing demand for definitive information about the food we eat and taps into a readership hungry for final-word answers. Filled with easy-to-swallow eating strategies--and backed by groundbreaking studies and interviews with the world's most authoritative nutrition researchers--The Men's Health Big Book of Food & Nutrition will help you discover just how easy it is to unlock the power of food and stay healthy for life.

sushi nutrition california roll: My Simple Ideas About Nutrition Shael Stonebridge R.H.N., 2014-07-23 Learn 100s of Life-Changing Ideas to Maximize YOUR Wellness & Vitality. Learn to distinguish NON-Foods from REAL foods -- fake or counterfeit foods from truly Whole SOURCE FOODS. Why eating Certified Organic foods is much healthier. Why regular table salt is toxic and linked to Alzheimer's disease and should be replaced with Sea Salt. Why Aspartame is a poison to be avoided. Why MSG is a poison to be avoided. The value of Sunlight and the Vitamin D it produces. The importance of clean water and hydration. How to get the best fiber nature offers for optimal colon health. How to look for and avoid the neurotoxin Aluminum in many surprising products including toothpaste. Why GMO foods should be avoided and how to do it. The importance of maintaining the "friendly" bacteria in your digestive system -- what you can do. Why most oils sold in the conventional grocery stores are actually rancid and how to identify the healthy, nourishing oils that are essential to your body's brain tissue, cell membranes, and immune system health. Why

pasteurized and homogenized milk is a destroyed food and the alternatives. Make raw Organic Fresh-Flaked Oatmeal Cereal for 100% nutrition. How to eliminate Heartburn simply and easily. How to minimize the effects of the radioactive fallout from the Fukushima nuclear disaster which is now in the food supply. A simple Flush/Cleanse for your Liver and Gallbladder that can restore the vital normal flow of bile -- this is beneficial even if you have had your gallbladder removed.

sushi nutrition california roll: Pregnancy Cooking and Nutrition For Dummies Tara Gidus, 2011-11-08 100 recipes to keep moms-to-be on the road to proper prenatal nutrition. Get the lowdown on what to eat, what not to eat, and why. Also discusses diets for special cases, like vegetarians and those with food allergies. Address your unique nutritional needs-- as well as those of your unborn child!

sushi nutrition california roll: The Calorie, Carb and Fat Bible 2011 Juliette Kellow, Lyndel Costain, Laurence Beeken, 2011 This guide is designed for quick reference and ease of use. It contains full nutritional information, including individual serving sizes, for each food listed. It covers healthy diets, exercise, diet myths and advice for losing weight safely.

sushi nutrition california roll: Sushi For Dummies Judi Strada, Mineko Takane Moreno, 2011-03-31 Demystify the sushi bar experience Stuffed with tips and tricks - you'll roll, press, and mold sushi like a pro! From rolling sushi properly to presenting it with pizzazz, this book has everything you need to know to impress your friends with homemade maki-sushi (rolls) and nigiri-sushi (individual pieces). You'll find over 55 recipes from Tuna Sushi Rice Balls to Rainbow Rolls, plus handy techniques to demystify the art of sushi making - and make it fun! Discover how to:

- * Find the right equipment and ingredients
- * Understand the special language of sushi
- * Make fragrant sushi rice
- * Prepare vegetarian and fish-free recipes
- * Dish up sushi-friendly drinks and side dishes

sushi nutrition california roll: The Calorie Juliette Kellow, 2007 This guide is designed for quick reference and ease of use. It contains full nutritional information, including individual serving sizes, for each food listed. It covers healthy diets, exercise, diet myths and advice for losing weight safely.

sushi nutrition california roll: Shapiro Family Good Times Cookbook Sidney Shapiro,

sushi nutrition california roll: Oxford Handbook of Nutrition and Dietetics Joan Webster-Gandy, Angela Madden, Michelle Holdsworth, 2020-07-10 The importance of nutrition in the prevention and treatment of disease and the maintenance of good health is being increasingly recognised. Nutrition is an area that all health professionals need to be aware of and yet one in which few are specifically trained. However it is now becoming a valued topic in many curricula. The Oxford Handbook of Nutrition and Dietetics makes this information more accessible to dieticians, doctors, nurses, nutritionists, and other healthcare professionals by providing a practical, easily accessible, concise and up-to-date evidence-based guide in a user-friendly portable handbook. It covers the entire life cycle from preconception to old age. As the general public is increasingly aware of the food they eat and the role nutrition plays in health and disease, health professionals must have the kind of knowledge in this book at their fingertips.

sushi nutrition california roll: The Diet Detective's Calorie Bargain Bible Charles Stuart Platkin, 2007-11-13 THE ULTIMATE DIETER'S REFERENCE GUIDE! The Diet Detective returns, sharing his secrets for turning your favorite foods into Calorie Bargains, with his easy-to-follow reference guide for healthy eating. In The Diet Detective's Count Down, public health advocate Charles Stuart Platkin broke down thousands of popular foods into their exercise equivalents -- the time it took to walk, run, swim, bike, or dance off their calories. Now, the Diet Detective takes his philosophy one step further -- separating truth from myth, dispelling misconceptions, and giving you the best choices for meals and snacks, anytime, anywhere. From your favorite restaurants to the aisles of the grocery store, no food has escaped Platkin's scrutiny. We look for bargains everywhere. What if we were as cost conscious about our calorie consumption as we are about our spending? How can we be sure we're making good use of the foods we consume? The answer: Look for Calorie Bargains. The Diet Detective's Calorie Bargain Bible is the ultimate dieter's reference guide. It's

dieting made easy -- with the information that readers crave, can have fun with, and can put into practice immediately.

sushi nutrition california roll: IronFit Strength Training and Nutrition for Endurance Athletes Don Fink, Melanie Fink, 2013-01-01 Fully illustrated with depictions of proper exercise technique, this book contains exciting strength training programs based on sport (e.g., triathlon, running, cycling, swimming) and levels from beginner to advanced. For the marathon runner, triathlete, duathlete, distance swimmer, or cyclist, these programs will complement any other training regimen an athlete follows. Written without confusing jargon, IronFit® Strength Training... provides concise and easy-to-follow information. Don and Melanie Fink of IronFit® have coached hundreds of athletes over several decades at all levels, from weekend warriors to world champions. Their innovative approaches to strength training and nutrition not only complement an athlete's sport-specific training, but they do so in the most time-efficient and enjoyable way possible. Multi-sport and multi-leveled, this book provides 27 specific program schedules - 9 sports and 3 levels each to give readers: 1) A progressive strength and core training program for their specific sport and level. 2) A mind and body preparation program to maximize benefits. 3) A traveling strength and core program for travel with little or no equipment. 4) A fueling and hydration routine to maximize performance before, during, and after competition. 5) A healthy eating and lifestyle plan.

sushi nutrition california roll: Eating Culture Gillian Crowther, 2018-05-15 From ingredients and recipes to meals and menus across time and space, Eating Culture is a highly engaging overview that illustrates the important role that anthropology and anthropologists have played in understanding food, as well as the key role that food plays in the study of culture. The new edition, now with a full-color interior, introduces discussions about nomadism, commercializing food, food security, and ethical consumption, including treatment of animals and the long-term environmental and health consequences of meat consumption. Grist to the Mill sections at the end of each chapter provide further readings and Food for Thought case studies and exercises help to highlight anthropological methods and approaches. By considering the concept of cuisine and public discourse, this practical guide brings order and insight to our changing relationship with food.

sushi nutrition california roll: Making it Happen! , 2005

Related to sushi nutrition california roll

THE BEST 10 SUSHI BARS in DES MOINES, IA - Yelp What are people saying about sushi bars in Des Moines, IA? "This place is one of our favorite spots locally!

Court Avenue - Blue Sushi Sake Grill Find your favorite sustainable, feel-good sushi in the heart of downtown Des Moines, at the corner of 316 Court Avenue

Sakari Sushi Lounge - Des Moines, IA Order your favorite dishes in seconds! The NFL is Back! - Catch every big NFL game with us! Sakari Sushi Lounge offers Japanese cuisine to the Des Moines area. We are located on

Akebono 515 - Sushi Bars | Japanese Cuisine With a warm atmosphere and a menu featuring fresh sushi, flavorful ramen, and other traditional dishes, it's a culinary adventure for locals and visitors alike

THE BEST Sushi in Des Moines (Updated 2025) - Tripadvisor Best Sushi in Des Moines, Iowa: Find Tripadvisor traveller reviews of Des Moines Sushi restaurants and search by price, location, and more

Taki Japanese Steakhouse - Urbandale, IA Taki has been serving fresh Sushi and Teppanyaki / Hibachi in Des Moines since 2002. We strive daily to provide our guests with great food, personal service & exceptional value in a friendly,

W-Tao Sushi — W-TAO SUSHI (FORMERLY WASABI TAO) 400 Walnut Street | Des Moines, IA | 515-777-3636 Home | Menus | Contact

Where to find the best Japanese restaurants with sushi in Des Moines Central Iowa offers a diverse range of sushi restaurants, from traditional to innovative. Many restaurants provide options for dietary restrictions, including vegan, gluten

3 Best Sushi in Des Moines, IA - Expert Recommendations Expert-recommended Top 3 Sushi in Des Moines, Iowa. All of our sushi restaurants actually face a rigorous 50-Point Inspection, which includes customer reviews, history, complaints, ratings,

Sakura Sushi - Sushi Restaurant [Online Order](#) **West Des Moines** **IA** Sakura Sushi, located at 1960 Grand Ave #11 in West Des Moines, IA, offers a warm and inviting atmosphere where guests can enjoy a variety of Japanese dishes, including a wide selection of

THE BEST 10 SUSHI BARS in DES MOINES, IA - Yelp What are people saying about sushi bars in Des Moines, IA? "This place is one of our favorite spots locally!

Court Avenue - Blue Sushi Sake Grill Find your favorite sustainable, feel-good sushi in the heart of downtown Des Moines, at the corner of 316 Court Avenue

Sakari Sushi Lounge - Des Moines, IA Order your favorite dishes in seconds! The NFL is Back! - Catch every big NFL game with us! Sakari Sushi Lounge offers Japanese cuisine to the Des Moines area. We are located on

Akebono 515 - Sushi Bars | Japanese Cuisine With a warm atmosphere and a menu featuring fresh sushi, flavorful ramen, and other traditional dishes, it's a culinary adventure for locals and visitors alike

THE BEST Sushi in Des Moines (Updated 2025) - Tripadvisor Best Sushi in Des Moines, Iowa: Find Tripadvisor traveller reviews of Des Moines Sushi restaurants and search by price, location, and more

Taki Japanese Steakhouse - Urbandale, IA Taki has been serving fresh Sushi and Teppanyaki / Hibachi in Des Moines since 2002. We strive daily to provide our guests with great food, personal service & exceptional value in a friendly,

W-Tao Sushi — W-TAO SUSHI (FORMERLY WASABI TAO) 400 Walnut Street | Des Moines, IA | 515-777-3636 Home | Menus | Contact

Where to find the best Japanese restaurants with sushi in Des Moines Central Iowa offers a diverse range of sushi restaurants, from traditional to innovative. Many restaurants provide options for dietary restrictions, including vegan, gluten

3 Best Sushi in Des Moines, IA - Expert Recommendations Expert-recommended Top 3 Sushi in Des Moines, Iowa. All of our sushi restaurants actually face a rigorous 50-Point Inspection, which includes customer reviews, history, complaints, ratings,

Sakura Sushi - Sushi Restaurant [Online Order](#) **West Des Moines** **IA** Sakura Sushi, located at 1960 Grand Ave #11 in West Des Moines, IA, offers a warm and inviting atmosphere where guests can enjoy a variety of Japanese dishes, including a wide selection

THE BEST 10 SUSHI BARS in DES MOINES, IA - Yelp What are people saying about sushi bars in Des Moines, IA? "This place is one of our favorite spots locally!

Court Avenue - Blue Sushi Sake Grill Find your favorite sustainable, feel-good sushi in the heart of downtown Des Moines, at the corner of 316 Court Avenue

Sakari Sushi Lounge - Des Moines, IA Order your favorite dishes in seconds! The NFL is Back! - Catch every big NFL game with us! Sakari Sushi Lounge offers Japanese cuisine to the Des Moines area. We are located on

Akebono 515 - Sushi Bars | Japanese Cuisine With a warm atmosphere and a menu featuring fresh sushi, flavorful ramen, and other traditional dishes, it's a culinary adventure for locals and visitors alike

THE BEST Sushi in Des Moines (Updated 2025) - Tripadvisor Best Sushi in Des Moines, Iowa: Find Tripadvisor traveller reviews of Des Moines Sushi restaurants and search by price, location, and more

Taki Japanese Steakhouse - Urbandale, IA Taki has been serving fresh Sushi and Teppanyaki / Hibachi in Des Moines since 2002. We strive daily to provide our guests with great food, personal service & exceptional value in a friendly,

W-Tao Sushi — W-TAO SUSHI (FORMERLY WASABI TAO) 400 Walnut Street | Des Moines, IA | 515-777-3636 Home | Menus | Contact

Where to find the best Japanese restaurants with sushi in Des Moines Central Iowa offers a diverse range of sushi restaurants, from traditional to innovative. Many restaurants provide options for dietary restrictions, including vegan, gluten

3 Best Sushi in Des Moines, IA - Expert Recommendations Expert-recommended Top 3 Sushi in Des Moines, Iowa. All of our sushi restaurants actually face a rigorous 50-Point Inspection, which includes customer reviews, history, complaints, ratings,

Sakura Sushi - Sushi Restaurant [Online Order](#) **West Des Moines** **IA** Sakura Sushi, located at 1960 Grand Ave #11 in West Des Moines, IA, offers a warm and inviting atmosphere where guests can enjoy a variety of Japanese dishes, including a wide selection

THE BEST 10 SUSHI BARS in DES MOINES, IA - Yelp What are people saying about sushi bars in Des Moines, IA? "This place is one of our favorite spots locally!

Court Avenue - Blue Sushi Sake Grill Find your favorite sustainable, feel-good sushi in the heart of downtown Des Moines, at the corner of 316 Court Avenue

Sakari Sushi Lounge - Des Moines, IA Order your favorite dishes in seconds! The NFL is Back! - Catch every big NFL game with us! Sakari Sushi Lounge offers Japanese cuisine to the Des Moines area. We are located on

Akebono 515 - Sushi Bars | Japanese Cuisine With a warm atmosphere and a menu featuring fresh sushi, flavorful ramen, and other traditional dishes, it's a culinary adventure for locals and visitors alike

THE BEST Sushi in Des Moines (Updated 2025) - Tripadvisor Best Sushi in Des Moines, Iowa: Find Tripadvisor traveller reviews of Des Moines Sushi restaurants and search by price, location, and more

Taki Japanese Steakhouse - Urbandale, IA Taki has been serving fresh Sushi and Teppanyaki / Hibachi in Des Moines since 2002. We strive daily to provide our guests with great food, personal service & exceptional value in a friendly,

W-Tao Sushi — W-TAO SUSHI (FORMERLY WASABI TAO) 400 Walnut Street | Des Moines, IA | 515-777-3636 Home | Menus | Contact

Where to find the best Japanese restaurants with sushi in Des Moines Central Iowa offers a diverse range of sushi restaurants, from traditional to innovative. Many restaurants provide options for dietary restrictions, including vegan, gluten

3 Best Sushi in Des Moines, IA - Expert Recommendations Expert-recommended Top 3 Sushi in Des Moines, Iowa. All of our sushi restaurants actually face a rigorous 50-Point Inspection, which includes customer reviews, history, complaints, ratings,

Sakura Sushi - Sushi Restaurant [Online Order](#) **West Des Moines** **IA** Sakura Sushi, located at 1960 Grand Ave #11 in West Des Moines, IA, offers a warm and inviting atmosphere where guests can enjoy a variety of Japanese dishes, including a wide selection

THE BEST 10 SUSHI BARS in DES MOINES, IA - Yelp What are people saying about sushi bars in Des Moines, IA? "This place is one of our favorite spots locally!

Court Avenue - Blue Sushi Sake Grill Find your favorite sustainable, feel-good sushi in the heart of downtown Des Moines, at the corner of 316 Court Avenue

Sakari Sushi Lounge - Des Moines, IA Order your favorite dishes in seconds! The NFL is Back! - Catch every big NFL game with us! Sakari Sushi Lounge offers Japanese cuisine to the Des Moines area. We are located on

Akebono 515 - Sushi Bars | Japanese Cuisine With a warm atmosphere and a menu featuring fresh sushi, flavorful ramen, and other traditional dishes, it's a culinary adventure for locals and visitors alike

THE BEST Sushi in Des Moines (Updated 2025) - Tripadvisor Best Sushi in Des Moines, Iowa: Find Tripadvisor traveller reviews of Des Moines Sushi restaurants and search by price, location, and more

Taki Japanese Steakhouse - Urbandale, IA Taki has been serving fresh Sushi and Teppanyaki / Hibachi in Des Moines since 2002. We strive daily to provide our guests with great food, personal

service & exceptional value in a friendly,

W-Tao Sushi — W-TAO SUSHI (FORMERLY WASABI TAO) 400 Walnut Street | Des Moines, IA | 515-777-3636 Home | Menus | Contact

Where to find the best Japanese restaurants with sushi in Des Moines Central Iowa offers a diverse range of sushi restaurants, from traditional to innovative. Many restaurants provide options for dietary restrictions, including vegan, gluten

3 Best Sushi in Des Moines, IA - Expert Recommendations Expert-recommended Top 3 Sushi in Des Moines, Iowa. All of our sushi restaurants actually face a rigorous 50-Point Inspection, which includes customer reviews, history, complaints, ratings,

Sakura Sushi - Sushi Restaurant [Online Order](#) [West Des Moines](#) [IA](#) Sakura Sushi, located at 1960 Grand Ave #11 in West Des Moines, IA, offers a warm and inviting atmosphere where guests can enjoy a variety of Japanese dishes, including a wide selection of

THE BEST 10 SUSHI BARS in DES MOINES, IA - Yelp What are people saying about sushi bars in Des Moines, IA? "This place is one of our favorite spots locally!

Court Avenue - Blue Sushi Sake Grill Find your favorite sustainable, feel-good sushi in the heart of downtown Des Moines, at the corner of 316 Court Avenue

Sakari Sushi Lounge - Des Moines, IA Order your favorite dishes in seconds! The NFL is Back! - Catch every big NFL game with us! Sakari Sushi Lounge offers Japanese cuisine to the Des Moines area. We are located on

Akebono 515 - Sushi Bars | Japanese Cuisine With a warm atmosphere and a menu featuring fresh sushi, flavorful ramen, and other traditional dishes, it's a culinary adventure for locals and visitors alike

THE BEST Sushi in Des Moines (Updated 2025) - Tripadvisor Best Sushi in Des Moines, Iowa: Find Tripadvisor traveller reviews of Des Moines Sushi restaurants and search by price, location, and more

Taki Japanese Steakhouse - Urbandale, IA Taki has been serving fresh Sushi and Teppanyaki / Hibachi in Des Moines since 2002. We strive daily to provide our guests with great food, personal service & exceptional value in a friendly,

W-Tao Sushi — W-TAO SUSHI (FORMERLY WASABI TAO) 400 Walnut Street | Des Moines, IA | 515-777-3636 Home | Menus | Contact

Where to find the best Japanese restaurants with sushi in Des Moines Central Iowa offers a diverse range of sushi restaurants, from traditional to innovative. Many restaurants provide options for dietary restrictions, including vegan, gluten

3 Best Sushi in Des Moines, IA - Expert Recommendations Expert-recommended Top 3 Sushi in Des Moines, Iowa. All of our sushi restaurants actually face a rigorous 50-Point Inspection, which includes customer reviews, history, complaints, ratings,

Sakura Sushi - Sushi Restaurant [Online Order](#) [West Des Moines](#) [IA](#) Sakura Sushi, located at 1960 Grand Ave #11 in West Des Moines, IA, offers a warm and inviting atmosphere where guests can enjoy a variety of Japanese dishes, including a wide selection of

Related to sushi nutrition california roll

This Classic Sushi Roll Is a Delight to Make at Home (2d) The roll found its way to other parts of North America, as well as Hawaii. Tsutomu Nakayama, a founding chef at Yanagi who

This Classic Sushi Roll Is a Delight to Make at Home (2d) The roll found its way to other parts of North America, as well as Hawaii. Tsutomu Nakayama, a founding chef at Yanagi who

For Reliable Sushi, Follow the California Roll Index (Eater1y) Whether I'm at home, on a stressful work trip, or in an unfamiliar town visiting family, having access to a dependable takeout sushi spot is vital to my mental health. Maybe I'm deficient in Omega-3s

For Reliable Sushi, Follow the California Roll Index (Eater1y) Whether I'm at home, on a stressful work trip, or in an unfamiliar town visiting family, having access to a dependable takeout sushi spot is vital to my mental health. Maybe I'm deficient in Omega-3s

Ditch The Imitation Crab For A Sweeter Ingredient In Your Next California Sushi Roll

(Yahoo1y) The California roll is one of the most popular sushi rolls in the U.S. It's made with five ingredients: Rice, nori, avocado, cucumber, and crab meat. California rolls are on the menu of many sushi

Ditch The Imitation Crab For A Sweeter Ingredient In Your Next California Sushi Roll

(Yahoo1y) The California roll is one of the most popular sushi rolls in the U.S. It's made with five ingredients: Rice, nori, avocado, cucumber, and crab meat. California rolls are on the menu of many sushi

What is the true history of the California roll? The sushi has a fishy origin story (Yahoo1y)

For many Americans, a California roll is their first foray into the world of sushi. Purists however have derided the fusion food as “not real sushi” — but to put it bluntly: the roll gets a bad wrap

What is the true history of the California roll? The sushi has a fishy origin story (Yahoo1y)

For many Americans, a California roll is their first foray into the world of sushi. Purists however have derided the fusion food as “not real sushi” — but to put it bluntly: the roll gets a bad wrap

Classic Maki Sushi Rolls, Ranked Worst To Best (Hosted on MSN7mon) Sushi is an edible art form that is as old as time itself. Emerging during the Bronze Age in Southeast Asia, fish was pressed and fermented with rice and vinegar as a means of preservation. This made

Classic Maki Sushi Rolls, Ranked Worst To Best (Hosted on MSN7mon) Sushi is an edible art form that is as old as time itself. Emerging during the Bronze Age in Southeast Asia, fish was pressed and fermented with rice and vinegar as a means of preservation. This made

Back to Home: <https://staging.massdevelopment.com>