

Shoyu Tuna Musubi

Check serving size first - how many servings are in one container? The nutrients listed on the label are only for one serving.

Limit saturated fats and trans fats.

Opt for whole grain carbohydrates and reduce added sugars

Choose higher protein products

Nutrition Facts

servings per container
Serving size (419g)

Amount per serving
Calories 470

% Daily Value*

Total Fat 12g 15%
Saturated Fat 2.5g 13%
Trans Fat 0g

Cholesterol 15mg 5%

Sodium 440mg 19%

Total Carbohydrate 63g 23%

Dietary Fiber 4g 14%

Total Sugars 9g

Includes 6g Added Sugars 12%

Protein 30g

Vitamin D 0mcg 0%

Calcium 109mg 8%

Iron 5mg 30%

Potassium 243mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



American Heart Association.



Developed in collaboration with CTAHR's Department of Human Nutrition, Food and Animal Sciences, its Dietetics Program and nutrition students



COLLEGE OF TROPICAL AGRICULTURE
AND HUMAN RESOURCES
UNIVERSITY OF HAWAII AT MĀNOA

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Shoyu Tuna Musubi

Ingredients:

2 (5oz) can of tuna in water, drained
2 tbsp Aloha brand shoyu, low sodium
2 tbsp mirin
2 tbsp white sugar
4 cups fresh or leftover cooked rice, (brown or hapa rice recommended)
4 half-sheets of nori
16 thin slices of cucumber

Optional: other add-ins such as sliced avocado or shredded carrots

Serve on the side to compliment meal:

4 cups of edamame, cooked

Servings: 4

Method:

1. In a bowl, mix tuna with shoyu, mirin, and white sugar, using a spoon to separate the tuna chunks until finely shredded.
2. Heat a small non-stick pan over medium-low heat and add tuna mixture.
3. Cook the tuna mixture for about 5 minutes or until liquid is gone, stirring every 30 seconds. Set aside.
4. Prepare any of the add-ins (cucumber, avocado or carrots). Set aside
5. If the rice is not hot, heat in microwave until steaming.
6. On a flat surface, lay out a sheet of nori, shiny side down. Using a musubi maker, add $\frac{1}{2}$ cup of rice and press down.
7. Add $\frac{1}{4}$ of the tuna mixture, 4 slices of cucumber and any of the other add-ins.
8. Add another $\frac{1}{2}$ cup of rice and press down, firmly.
9. Remove the musubi maker and fold up the nori, wetting one edge to help the nori stick.
10. Serve with a side of edamame.



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