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LCHF Salmon Rolls with Horseradish Cream

This recipe for LCHF Salmon Rolls with Horseradish Cream is a delicious and healthy option for seafood lovers. The rolls are made with fresh salmon and are filled with a creamy horseradish sauce. The dish is low in carbs and high in healthy fats, making it perfect for those following a low-carb, high-fat (LCHF) diet. The rolls are easy to make and can be enjoyed as an appetizer or a main course. They are packed with flavor and are sure to impress your guests.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g salmon fillets

100 g cream cheese

2 tsp	Horseradish
2 tsp	Lemon juice
10 g	fresh dill
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix the cream cheese, horseradish, lemon juice, dill, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

Spread the cream cheese mixture evenly on the salmon fillets.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Rolling

Roll up the salmon fillets tightly and secure with toothpicks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Place the salmon rolls on a baking sheet and bake for 10 minutes, or until the salmon is cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Serving

Remove the toothpicks and serve the salmon rolls with additional fresh dill, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	5 mcg	33.33%	33.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	100 mg	10%	10%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Nutritional Content

Low Carb

Course

Appetizers

Main Dishes

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

Vegan Diet

Raw Food Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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