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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

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: 2g

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%

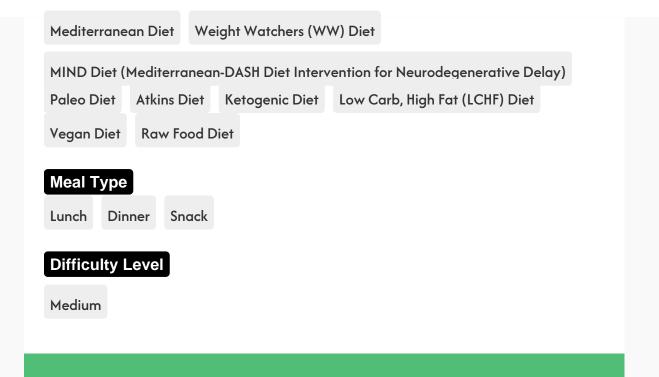
Minerals

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 & D	ressings	
Cultural					
Chinese New	Year				
Cost					
Under \$10					
Demograp	nics				
Kids Friendly	Teen Friendly	y Aller	gy Friendly	Heart He	althy
Diet					

Diet



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