

SIDE DISH

Ham Roulette

27 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
130 min	10 min	120 min	8	\$0.58	148 kcal



The recipe Ham Roulette can be made in approximately 2 hours and 10 minutes. This gluten free, primal, and ketogenic recipe serves 8 and costs 58 cents per serving. One serving contains 148 calories, 6g of protein, and 13g of fat.

Ingredients

- ☐ 8 ounce package cream cheese, softened
- ☐ 3 tablespoons chopped fresh chives
- ☐ 2 tablespoons prepared mustard
- ☐ 4 dill pickles, chopped
- ☐ 5 slices ham

EQUIPMENT Bowl, Aluminum foil

Method

- 1 In a small bowl, mix together the cream cheese, pickles, mustard, and chives.

- 2 Spoon 1/5 of the mixture onto each ham slice, then roll ham slices up carefully. Wrap each roll in aluminum foil, and refrigerate for 2 hours minimum.
- 3 When you are ready to serve, unwrap the ham 'roulettes', and slice.
- 4 Serve chilled.

Nutrition per serving

148	6 g	13 g	2 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			6.8 g · 43% of daily needs
Fibre			0.5 g · 2% of daily needs
Sugar			1.6 g · 2% of daily needs
Sodium			601 mg · 26% of daily needs
Cholesterol			39.5 mg · 13% of daily needs
Vitamin C			1.4 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/ham-roulette-145649