



Pesto-Salmon Roulades

 Dairy Free

READY IN



15 min.

SERVINGS



28

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

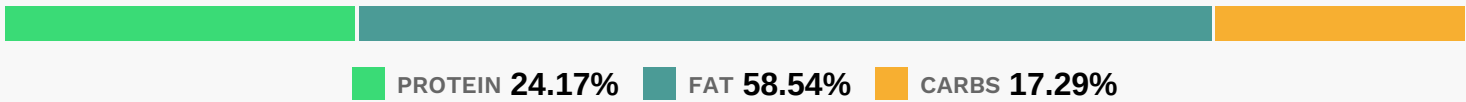
- ☐ 6 oz salmon smoked
- ☐ 0.3 cup basil pesto refrigerated (from 7-oz container)
- ☐ 0.5 cup roasted peppers red drained cut into thin strips (from 7-oz jar)
- ☐ 28 roasted-garlic bagel chips (from 5.5-oz bag)

Equipment

Directions

- ☐ Cut each salmon piece in half lengthwise so that it is about 3/4 inch wide.
- ☐ Spread each with about 1/2 teaspoon of the pesto; top with roasted bell pepper strip.
Carefully roll up.
- ☐ Place each roulade on bagel chip.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0969565048328%

Nutrients (% of daily need)

Calories: 23.63kcal (1.18%), Fat: 1.52g (2.34%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.17g (0.18%), Cholesterol: 1.63mg (0.54%), Sodium: 120.53mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin D: 1.04µg (6.93%), Vitamin B12: 0.2µg (3.3%), Selenium: 1.98µg (2.82%), Vitamin A: 77.81IU (1.56%), Vitamin B3: 0.3mg (1.5%), Vitamin C: 1.16mg (1.41%), Vitamin B6: 0.02mg (1.07%), Phosphorus: 10.46mg (1.05%)