



Smoked salmon rotollos

 Popular

READY IN



10 min.

SERVINGS



25

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 300 g cream cheese
- ☐ 1 tbsp juice of lemon
- ☐ 2 tbsp optional: dill chopped
- ☐ 1 pinch pepper black generous
- ☐ 4 large flour tortilla
- ☐ 350 g salmon smoked
- ☐ 25 servings arugula with extra dill and rocket leaves

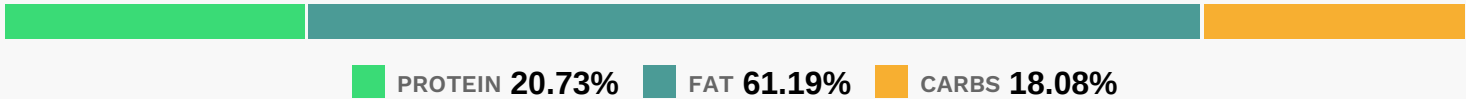
Equipment

☐ knife

Directions

- ☐ Mix the cream cheese with the lemon juice, chopped dill and plenty of black pepper.
- ☐ Spread over 4 large flour tortillas and cover with the smoked salmon.
- ☐ Roll up like a Swiss roll, trim off the ends and discard. Wrap tightly in cling film, twisting the ends firmly to enclose.
- ☐ Place in the fridge until you are ready to use. To serve, take a sharp knife and slice on the diagonal.
- ☐ Serve with extra dill and rocket leaves.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:0.99, Inflammation Score:-4, Nutrition Score:4.3860869718635%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 75.72kcal (3.79%), Fat: 5.18g (7.98%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 3.11g (1.13%), Sugar: 0.85g (0.94%), Cholesterol: 15.34mg (5.11%), Sodium: 185.49mg (8.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin D: 2.39µg (15.96%), Vitamin K: 11.52µg (10.97%), Selenium: 6.67µg (9.53%), Vitamin A: 413.17IU (8.26%), Vitamin B12: 0.48µg (8.05%), Phosphorus: 50.96mg (5.1%), Vitamin B3: 0.92mg (4.58%), Folate: 15.74µg (3.94%), Vitamin B2: 0.06mg (3.77%), Calcium: 36.31mg (3.63%), Manganese: 0.06mg (3.02%), Vitamin B6: 0.06mg (2.81%), Iron: 0.46mg (2.53%), Vitamin B5: 0.24mg (2.43%), Potassium: 84.15mg (2.4%), Copper: 0.05mg (2.36%), Magnesium: 9.42mg (2.35%), Vitamin B1: 0.03mg (2.31%), Vitamin E: 0.34mg (2.24%), Vitamin C: 1.76mg (2.13%), Fiber: 0.33g (1.33%), Zinc: 0.18mg (1.18%)