



## Smoked Salmon Roulade

 Very Healthy

READY IN



43 min.

SERVINGS



1

CALORIES



1675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter melted
- 4 eggs
- 0.5 cup flour all-purpose
- 1 tablespoon dill dried fresh chopped
- 3 tablespoons spring onion chopped
- 1 cup milk
- 0.3 teaspoon salt
- 1 cup salmon smoked flaked chopped

- 1 cup pkt spinach fresh chopped
- 6 ounces swiss cheese shredded

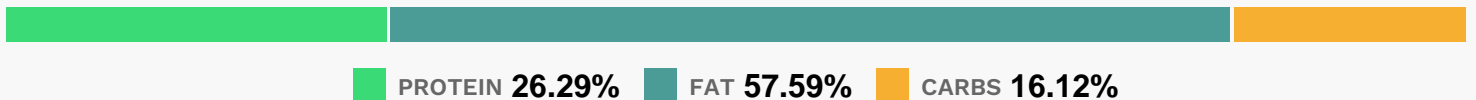
## Equipment

- frying pan
- oven
- aluminum foil

## Directions

- Heat oven to 350F. Line jelly roll pan, 15 1/2x10 1/2x1 inch, with aluminum foil. Grease foil generously.
- Beat flour, milk, dill weed, butter, salt, eggs and onions until well blended.
- Pour into pan.
- Sprinkle with salmon.
- Bake uncovered 15 to 18 minutes or until eggs are set.
- Immediately sprinkle with cheese and spinach.
- Roll up, beginning at narrow end, using foil to lift and roll roulade.
- Cut into 6 slices.

## Nutrition Facts



## Properties

Glycemic Index:204, Glycemic Load:39.91, Inflammation Score:-10, Nutrition Score:63.711738959603%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

## Nutrients (% of daily need)

Calories: 1674.75kcal (83.74%), Fat: 106.59g (163.98%), Saturated Fat: 47.07g (294.21%), Carbohydrates: 67.14g (22.38%), Net Carbohydrates: 63.92g (23.24%), Sugar: 13.1g (14.56%), Cholesterol: 873.47mg (291.16%), Sodium: 2603.04mg (113.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 109.46g (218.92%), Selenium: 175.53µg (250.75%), Vitamin B12: 12.48µg (208.04%), Calcium: 2041.82mg (204.18%), Vitamin D: 29.46µg (196.4%), Phosphorus: 1905.91mg (190.59%), Vitamin K: 186.12µg (177.26%), Vitamin A: 7045.43IU (140.91%), Vitamin B2: 2.19mg (128.97%), Zinc: 11.89mg (79.29%), Folate: 285.12µg (71.28%), Vitamin B5: 5.85mg (58.51%), Iron: 9.9mg (55.03%), Vitamin B3: 11mg (55.01%), Vitamin B6: 1.1mg (54.8%), Vitamin B1: 0.8mg (53.09%), Manganese: 0.93mg (46.74%), Magnesium: 186.45mg (46.61%), Vitamin E: 6.44mg (42.93%), Potassium: 1362.72mg (38.93%), Copper: 0.68mg (34.05%), Vitamin C: 13.37mg (16.21%), Fiber: 3.22g (12.89%)