



HEALTH SCORE

69%

Smoked Salmon Roulade



Very Healthy

READY IN



43 min.

SERVINGS



3

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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

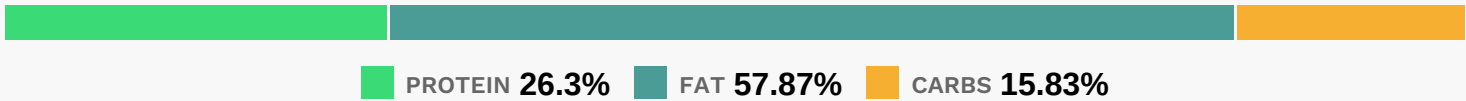
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. 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:73, Glycemic Load:13.3, Inflammation Score:-9, Nutrition Score:30.792173924653%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 555.78kcal (27.79%), Fat: 35.49g (54.59%), Saturated Fat: 15.69g (98.05%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 20.89g (7.6%), Sugar: 4.37g (4.85%), Cholesterol: 291.16mg (97.05%), Sodium: 865.68mg (37.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.29g (72.58%), Selenium: 58.51µg (83.58%), Vitamin B12: 4.16µg (69.35%), Calcium: 663.04mg (66.3%), Vitamin D: 9.82µg (65.47%), Phosphorus: 629.96mg (63%), Vitamin K: 62.04µg (59.09%), Vitamin A: 2300.27IU (46.01%), Vitamin B2: 0.73mg (42.85%), Zinc: 3.93mg (26.22%), Folate: 95.24µg (23.81%), Vitamin B5: 1.95mg (19.51%), Vitamin B3: 3.64mg (18.21%), Vitamin B6: 0.35mg (17.42%), Vitamin B1: 0.26mg (17.42%), Iron: 2.82mg (15.68%), Magnesium: 57.71mg (14.43%), Vitamin E: 2.15mg (14.31%), Manganese: 0.27mg (13.69%), Potassium: 422.15mg (12.06%), Copper: 0.22mg (11.11%), Vitamin C: 4.07mg (4.93%), Fiber: 0.94g (3.77%)