

Roast Beef Rollups with Horseradish Sauce

This super easy lunch idea can be paired with any low carb sides of your choice. As shown, this light, but satisfying, lunch includes three rollups, one cup mixed salad greens with one-quarter cup each chopped cucumber and avocado, and five almond meringue cookies. Dressing is a simple drizzle of a little olive oil and balsamic vinegar.

Nutritional info is included for the rollups and the entire lunch, as shown, below.

Prep time: 15 minutes

Cook time: n/a

Yields: 15 rollups

Ingredients:

15 non-smoked Provolone cheese slices

1 c. fresh rocket

6 oz. roast beef, sliced thin

$\frac{1}{4}$ c. prepared horseradish sauce

Directions:

1. Place Provolone cheese slices on a clean work surface and divide the rocket and roast beef slices between them.
2. Top each with a small drizzle of horseradish sauce before rolling the cheese around filling. Secure each rollup with a toothpick and either serve immediately or divide between 5 divided storage containers for an easy grab-and-go lunch option for the week ahead. Enjoy!

Nutritional Information:*

Carbs/Serving (3 Rollups):

Total Carbs: 2.56g
Fibre: 0.2g
Net Carbs: 2.36g
Calorie Breakdown:
Protein: 34%
Fat: 64%
Carbohydrates: 2%

Nutritional Information:*

Carbs/Serving (Entire Lunch, As Shown):
Total Carbs: 9.8g
Fibre: 4g
Net Carbs: 5.8g
Calorie Breakdown:
Protein: 25%
Fat: 68%
Carbohydrates: 7%

*Source: HappyForks.com recipe analyzer

This information is provided for entertainment purposes only and is not to be construed as medical advice.

Please Note: Nutritional information for this recipe is an approximation because some of the ingredients listed may not be included in the HappyForks.com ingredient database exactly as described here.