

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Servings: 4 (Makes 8 roll-ups)

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Introduction

If you are following a ketogenic lifestyle but find yourself craving the unmistakable flavors of a classic New York deli sandwich, look no further. These Keto Crispy Reuben Roll-Ups are the perfect solution. They capture the essence of the traditional Reuben—the tangy sauerkraut, the rich corned beef, the creamy Swiss cheese, and the zesty Thousand Island dressing—but wrap it all in a golden, crispy, low-carb shell.

By using egg white wraps (or a keto-friendly tortilla), we eliminate the heavy carbohydrates found in traditional rye bread while keeping the fat and protein ratios ideal for ketosis. Pan-frying these roll-ups creates a texture reminiscent of a crispy spring roll, offering a satisfying crunch that gives way to a molten, savory center. Whether you need a quick lunch, a game-day appetizer, or a savory breakfast, these roll-ups are versatile, fast, and incredibly delicious. Serve them with extra dressing for dipping, and watch them disappear.

Ingredients

For the Roll-Ups:

- 4 large Egg White Wraps (or low-carb tortillas, ~5g net carbs or less)
- 8 oz thinly sliced Corned Beef (or pastrami)
- 8 slices Swiss Cheese
- 1 cup Sauerkraut (drained and squeezed dry)
- 2 tbsp Unsalted Butter (or refined coconut oil for frying)

For the Thousand Island Dipping Sauce:

- 4 tbsp Mayonnaise (sugar-free)
- 1 tbsp Sugar-Free Ketchup
- 1 tbsp Dill Pickle Relish (sugar-free)
- 1 tsp Prepared Horseradish (optional, for heat)
- Pinch of Paprika

- Salt and Pepper to taste

Instructions

Step 1: Prepare the Filling and Sauce

Before assembling, it is crucial to manage the moisture content. Excess liquid will make your roll-ups soggy and cause them to tear.

1. **Drain the Kraut:** Measure out your sauerkraut and place it in a colander. Press it firmly with paper towels or a clean kitchen towel to remove as much moisture as possible. Set aside.
2. **Mix the Sauce:** In a small bowl, combine the mayonnaise, sugar-free ketchup, pickle relish, horseradish (if using), and a pinch of paprika. Whisk until smooth. Season with a little salt and pepper. Set aside.

Step 2: Assemble the Roll-Ups

1. **Lay your egg white wraps flat** on a clean cutting board.
2. **Layer the Cheese:** Place one slice of Swiss cheese in the center of each wrap. This acts as a barrier to protect the wrap from the moisture of the meat and kraut.
3. **Add the Meat:** Layer 2 oz of corned beef over the cheese on each wrap. This ensures every bite is hearty and protein-rich.

4. Add the Kraut: Spread 2 tablespoons of the drained sauerkraut over the meat.
5. Add the Sauce: Drizzle about 1 teaspoon of your prepared Thousand Island sauce over the kraut. (Reserve the rest for dipping).
6. Top with Cheese: Place the second slice of Swiss cheese on top of the filling. This acts as “glue” to hold the roll-up closed when it melts.
7. Roll Tightly: Fold the sides of the wrap in slightly (like a burrito), then roll the wrap away from you as tightly as possible without tearing the tortilla. Place the roll seam-side down on a plate.

Step 3: Cooking (Pan-Fry Intensity: Medium-High)

1. Heat a large non-stick skillet over medium-high heat for about 2 minutes. It is important to preheat the pan so the roll-ups sear immediately, preventing them from sticking or getting greasy.
2. Melt 1 tablespoon of butter in the pan.
3. Gently place 2 to 3 roll-ups into the pan, seam-side down. This is the most critical step; sealing the seam first ensures they do not unravel.
4. Cook for 2–3 minutes or until the bottom is golden brown and crispy. Do not move them during this time. You want to develop a crust.

5. Using tongs, carefully flip the roll-ups and cook for another 2 minutes on the other side until crispy and the cheese is visibly melting.
6. Remove from heat and repeat with the remaining butter and roll-ups.

Step 4: Rest and Serve

1. Transfer the cooked roll-ups to a paper towel-lined plate to absorb any excess oil.
2. Let them rest for 2 minutes. This allows the cheese to set slightly, making them easier to cut and eat.
3. Slice each roll-up in half diagonally to show off the melty layers.
4. Serve hot with the remaining Thousand Island dressing for dipping.

Recipe Notes & Tips

- **The Wrap Matters:** Egg white wraps are fantastic for keto because they are nearly zero carb and crisp up beautifully. However, they can be brittle. If you are using a standard low-carb tortilla, warm it in the microwave for 10 seconds before rolling to make it pliable.
- **Squeeze Your Kraut:** This cannot be overstated. Sauerkraut is packed with water. If you don't squeeze it dry, the water will leak out during frying, causing dangerous oil splatters and turning your crispy wrap into a soggy mess.

- Don't Overfill: If you put too much meat or kraut inside, the wrap will burst open during frying. Stick to the measurements in the recipe for the perfect ratio.
- Flipping Technique: Use a thin spatula and be gentle when flipping. Support the roll-up with your fingers (carefully) if needed to prevent it from breaking.

Nutrition Information

Disclaimer: Nutritional values are estimates and will vary based on the specific brands of ingredients used, particularly the size of the wraps and the fat content of the meat.

Per Serving (2 Roll-Ups):

- Calories: 480 kcal
- Total Fat: 34g
- Saturated Fat: 16g
- Cholesterol: 105mg
- Sodium: 1150mg
- Total Carbohydrates: 6g
- Dietary Fiber: 2g

- Net Carbs: 4g

- Sugars: 2g

- Protein: 30g