

Easy Avocado & Goat Cheese Prosciutto Roll-Ups

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving, 4 roll-ups): Total carbs: 5.1 g, Fiber: 3.4 g, **Net carbs: 1.7 g**,

Protein: 14.1 g, Fat: 23.6 g, Calories: 284 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings, 16 roll-ups)

Roll-Ups:

8 slices of prosciutto di Parma (120 g/ 4.2 oz)

1 large avocado, cut into 8 slices (200 g/ 7 oz)

4 oz soft goat cheese (114 g)

large handful of arugula (20 g/ 0.7 oz)

Dipping Oil:

2 tbsp extra virgin olive oil (30 ml)

1 tbsp balsamic vinegar (15 ml)

sea salt and pepper to taste

Instructions

1. Lay a piece of prosciutto down and top with a piece of avocado, crumbled goat cheese, and a few sprigs of arugula.
2. Carefully roll up tightly then slice in half. Arrange the rolls on a platter cut side facing up.
3. Whisk together the dipping oil and serve. Store in an airtight container in the refrigerator for up to 3 days.

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