

# Keto Reuben Cabbage Rolls

Hands-on 15 minutes Overall 45 minutes



**Nutritional values (per serving, 2 rolls):** Total carbs: 9.5 g, Fiber: 3.3 g, **Net carbs: 6.2 g,**

Protein: 26.9 g, Fat: 36.4 g, Calories: 466 kcal,

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

## Ingredients (makes 4 servings, 8 rolls)

### Cabbage rolls:

230 g pastrami or deli corned beef, chopped (8 oz)

8 green cabbage leaves (340 g/ 12 oz)

1/2 cup sauerkraut, drained (71 g/ 2.5 oz) - *you can [make your own](#)*

1 1/2 cups shredded Swiss cheese (170 g/ 6 oz)

1 cup sugar-free Thousand Island Dressing (240 ml/ 8 fl oz) - *you can make your own, [recipe below](#)*

### Thousand Island Dressing:

1/2 cup [paleo mayonnaise](#) (110 g/ 3.9 oz) - *you can [make your own](#)*

1/4 cup [sugar-free ketchup](#) (60 g/ 2.1 oz) - *you can [make your own](#)*

1 clove garlic, minced

2 tbsp fresh lemon juice (30 ml)

1 tbsp [Sriracha](#) sauce (15 ml) - *you can [make your own](#)*

1 small white onion, finely diced or 1 tsp onion powder

1/2 tsp sea salt

ground pepper, to taste

*Note: Original Thousand Island Dressing recipe from the [KetoDiet App](#).*

*Instead of homemade Thousand Island Dressing you can use 1 cup of any sugar-free alternative.*

## Instructions

1. Preheat oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted). Place the cabbage leaves in a large bowl and cover with boiling water, let sit for 5 minutes (I use an electric kettle to make quick work of this step), alternatively bring a pot of water to a boil and submerge cabbage leaves for 3-5 minutes, until crisp tender. Drain.
2. Make the Thousand Island dressing by mixing all of the ingredient in a bowl.
3. In a medium bowl mix together the shredded corned beef, cheese,

sauerkraut, and half of the Thousand Island dressing.

4. Place a cabbage leaf down then fill with 1/8 of the beef mixture. Roll up tightly and place in an baking dish. Repeat with remaining cabbage leaves.
5. Once all of the rolls are in the baking dish top with remaining dressing and bake 30 minutes.
6. Serve immediately (2 rolls drizzled with some of the sauce per serve).
7. Store in an airtight container in the refrigerator for up to 3 days, reheat in the oven at 175 °C/ 350 °F for 10-15 minutes.

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