

# Low-Carb Oopsie Roll Italian Sandwich

Hands-on 10 minutes Overall 40 minutes

**Nutritional values (per sandwich):** Total carbs: 4.9 g, Fiber: 0.7 g, **Net carbs: 4.2 g**,

Protein: 24.4 g, Fat: 43.4 g, Calories: 496 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 3 sandwiches)

### Oopsie rolls:

3 large eggs, separated

1/8 tsp cream of tartar

85 g cream cheese, softened (3 oz)

1/8 tsp sea salt

### Sandwiches:

3 slices deli ham (60 g/ 2.1 oz)

9 slices deli pepperoni (45 g/ 1.6 oz)

9 slices deli salami (45 g/ 1.6 oz)

3 slices deli provolone (60 g/ 2.1 oz)

3 to 6 slices red onion (30 g/ 1.1 oz)

3 slices medium tomato (75 g/ 2.7 oz)

1/2 cup shredded lettuce (15 g/ 0.5 oz)

6 peperoncini slices *or* any sliced pickled pepper (28 g/ 1 oz)

### Italian dressing:

3 tbsp paleo mayonnaise (45 g/ 1.6 oz)

1 tsp Italian seasoning *or* 1 tbsp chopped Italian herbs

1 tsp red wine vinegar

## Instructions

1. Preheat the oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted) and line a baking sheet with parchment paper.
2. In two medium bowls separate the egg whites and yolks. With an electric hand mixer, beat the egg whites with the cream of tartar until firm peaks form. Add the cream cheese to the bowl with the yolks and salt, beat until smooth.
3. Gently fold the egg white mixture and egg yolk mixture together.
4. Place 6 rounds of the batter onto the baking sheet and bake for 25

to 30 minutes until golden.

5. To make the dressing, place the mayonnaise, Italian seasoning, and red wine vinegar in a small bowl and mix until combined.
6. To assemble, divide the sandwich fillings between the three oopsie roll sandwiches and serve immediately. The oopsie rolls can be stored at room temperature for a day, or in the fridge for up to 5 days.

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