

## Keto Crispy Reuben Roll-Ups: The Ultimate Low-Carb Comfort Food

Keto Crispy Reuben Roll-Ups: A Low-Carb Take on a Deli Classic



- Keto Crispy Reuben Roll-Ups -  
YOU WILL NEED

- 6 slices corned beef
- 1/2 cup sauerkraut
- 6 slices Swiss cheese

OVEN  
**400°F**

TIME  
**8 min**

METHOD  
**Air fryer**

PRINT  
**Recipe Card**

### INGREDIENTS

6 large slices corned beef: Ask for a medium-thick cut at the deli counter so they don't tear.

6 slices Swiss cheese: The classic pairing for corned beef.

1/2 cup sauerkraut: Ensure it is well-drained and squeezed dry to prevent sogginess.

2 large eggs: For the egg wash.

1/2 cup almond flour: Provides a gluten-free "breading" base.

1/2 cup grated Parmesan cheese: Adds saltiness and helps the crust crisp up.

1/2 teaspoon garlic powder & 1/2 teaspoon paprika: For a savory flavor boost.

Salt and black pepper: To taste.

Olive oil or avocado oil: For pan-frying.

1/2 cup mayonnaise

1 tablespoon Dijon or yellow mustard

1 tablespoon finely chopped pickles

1/2 teaspoon apple cider vinegar

Swaps and Notes:

**The Meat:** If you can't find corned beef, pastrami is an excellent substitute that offers a slightly smokier flavor. If you have leftovers from a Jewish deli night, you might even enjoy trying this technique with this baked kosher salami.

**The Breading:** If you have a nut allergy, you can swap the almond flour for crushed pork rinds for an even saltier, "zero-carb" crunch.

The Cheese: While Swiss is traditional, Provolone or Gruyère are fantastic melty alternatives.

Step-by-Step Instructions:

1. Assemble the Roll-Ups:
2. Prepare the Keto Breading Station:
3. Bread the Roll-Ups:
4. Cook Until Golden:

Pan-Fried (Recommended): Heat 2-3 tablespoons of oil in a skillet over medium heat. Place the roll-ups seam-side down first to seal them. Cook for 6-8 minutes, turning frequently, until the exterior is golden brown and the cheese inside is gooey.

Baked Option: If you prefer a hands-off approach, preheat your oven to 400°F (200°C). Place the roll-ups on a parchment-lined sheet and bake for 15-18 minutes.

5. Mix the Sauce:

Tips for Success:

Dry Your Kraut: This is the most important tip! If your sauerkraut is wet, the steam will release during cooking and make the breading fall off. Squeeze it in a paper towel first.

Don't Overstuff: It's tempting to pile on the kraut, but too much filling will cause the roll-up to burst in the pan.

Seam Side Down: Always start cooking with the "seam" of the meat facing the pan surface. The heat will "weld" the cheese and meat together so it doesn't unroll.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 345 kcal

Net Carbs: 4g

Protein: 22g

Fat: 26g

## DIRECTIONS

1. Assemble the Roll-Ups: Lay a slice of corned beef flat on a clean surface. Place one slice of Swiss cheese on top. Spread about a tablespoon of the well-drained sauerkraut across the cheese. Roll the beef tightly from one end to the other. Repeat this for all six slices.
2. Prepare the Keto Breading Station: Set up two shallow bowls. In the first, beat the two eggs until smooth. In the second bowl, whisk together the almond flour, Parmesan cheese, garlic powder, paprika, salt, and pepper. This mixture creates a savory "crust" that mimics the texture of breading.
3. Bread the Roll-Ups: One by one, dip each roll-up into the beaten eggs, ensuring it's fully coated. Immediately transfer it to the almond flour mixture, rolling it around and pressing gently so the breading sticks.
4. Cook Until Golden: Pan-Fried (Recommended): Heat 2-3 tablespoons of oil in a skillet over medium heat. Place the roll-ups seam-side down first to seal them. Cook for 6-8 minutes, turning frequently, until the exterior is golden brown and the cheese inside is gooey.
5. Baked : Option: If you prefer a hands-off approach, preheat your oven to 400°F (200°C). Place the roll-ups on a parchment-lined sheet and bake for 15-18 minutes.
6. Mix the Sauce: While the roll-ups cook, whisk together your mayo, mustard, pickles, and vinegar. This "mock" Russian dressing is the perfect tangy accompaniment.
7. Tips for Success: Dry Your Kraut: This is the most important tip! If your sauerkraut is wet, the steam

will release during cooking and make the breading fall off. Squeeze it in a paper towel first.

8. Don't : Overstuff: It's tempting to pile on the kraut, but too much filling will cause the roll-up to burst in the pan.
9. Seam : Side Down: Always start cooking with the "seam" of the meat facing the pan surface. The heat will "weld" the cheese and meat together so it doesn't unroll.
10. Serving Suggestions and Pairings: These are hearty enough to be a main course when paired with a fresh arugula salad or roasted radishes (a great keto potato sub!). If you're serving these as part of a party spread, they go beautifully alongside this beer cheese dip.
11. For those looking for a lighter breakfast or brunch option to follow up a heavy keto dinner, check out this 3-ingredient egg wrap which follows a similar low-carb rolling technique.
12. Nutritional Information (Per Serving): Calories: 345 kcal
13. Net : Carbs: 4g
14. Protein: 22g
15. Fat: 26g
16. Storage and Leftover Tips: These roll-ups are best served fresh for maximum crispiness. However, if you have leftovers, store them in an airtight container in the fridge for up to 3 days. To reheat, avoid the microwave as it will make them soggy. Instead, pop them back into a skillet or an air fryer at 350°F for 4-5 minutes until the cheese is bubbling again.
17. More Recipes You Will Love: If you enjoyed this savory keto treat, you might want to satisfy your sweet tooth with something seasonal! Try these hot chocolate cookie cups for a cozy dessert, or dive into more appetizer inspiration on our homepage.
18. Final : Thoughts Going keto doesn't mean you have to give up the flavors you love. These Reuben roll-ups prove that with a little creativity and some almond flour, you can have your "sandwich" and eat it too.
19. Did you try this recipe? I'd love to hear how it turned out! Leave a comment below or tag us on social media with your creations. Don't forget to follow Chef Maniac for more low-carb hacks and delicious daily recipes.

## SWAPS & NOTES

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## TIPS FOR SUCCESS

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/keto-crispy-reuben-roll-ups-the-ultimate-low-carb-comfort-food/>