



WHATSheATE



HEALTH SCORE

56%

Anchovy and Rosemary Roasted Lamb



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



9 fillet anchovy dry drained



0.8 teaspoon pepper black



2.5 tablespoons rosemary leaves fresh chopped



6 garlic clove



6 lb leg of lamb thin (aitchbone removed)



0.3 cup olive oil



2 teaspoons salt

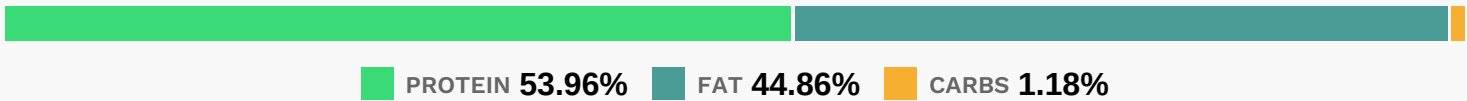
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ kitchen thermometer

Directions

- ☐ Mince garlic and anchovies and mash to a paste with a large heavy knife, then stir together with oil and rosemary in a small bowl. Pat lamb dry and transfer, fat side up, to rack in pan. Make several small 1-inch-deep slits in lamb with a paring knife, then rub marinade over entire surface of lamb, pushing some marinade into slits. Marinate lamb, loosely covered, at room temperature 1 hour.
- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Sprinkle lamb all over with salt and pepper, then roast until thermometer inserted into thickest part of lamb (almost to the bone but not touching it) registers 125°F for medium-rare, 1 1/2 to 1 3/4 hours (temperatures in thinner parts of leg may register up to 160°F).
- ☐ Let stand 30 minutes before slicing.
- ☐ Lamb can be marinated, covered and chilled, up to 5 hours. Bring to room temperature, about 1 hour, before roasting.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:29.932608892088%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 459.39kcal (22.97%), Fat: 22.25g (34.23%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.03g (0.04%), Cholesterol: 186.49mg (62.16%), Sodium: 959.53mg (41.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.22g (120.44%), Vitamin B12: 7.75µg (129.21%), Selenium: 69.78µg (99.69%), Vitamin B3: 18.68mg (93.38%), Zinc: 11.12mg (74.16%), Phosphorus: 567.5mg (56.75%), Vitamin B2: 0.73mg (43.22%), Iron: 5.58mg (31.02%), Vitamin B1: 0.41mg (27.33%), Vitamin B6: 0.54mg (26.76%), Potassium: 870mg (24.86%), Vitamin B5: 2.12mg (21.24%), Magnesium: 81.57mg (20.39%), Copper: 0.39mg (19.41%), Folate: 67.31µg (16.83%), Vitamin E: 1.96mg (13.09%), Manganese: 0.16mg (8.24%), Vitamin K: 5.88µg (5.6%), Calcium: 35.72mg (3.57%), Vitamin C: 1.12mg (1.35%)