



Apricot- and Rosemary-Marinated Leg of Lamb

 **Gluten Free**  **Dairy Free**

READY IN



630 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pound leg of lamb bone-in
- 8 small cloves garlic
- 4 thyme sprigs cut into 4 pieces
- 15 ounces apricots light drained canned
- 0.5 cup red wine dry red
- 0.3 cup vegetable oil
- 2 tablespoons honey
- 0.3 teaspoon salt

- 1 teaspoon rosemary leaves fresh chopped

Equipment

- food processor
- sauce pan
- oven
- knife
- blender
- roasting pan
- kitchen thermometer
- aluminum foil
- ziploc bags

Directions

- Make 16 small slits, each about 1/2 inch wide and 1 inch deep, over surface of lamb. Insert 1 garlic and 1 rosemary piece in each slit using tip of knife.
- Place lamb in large resealable food-storage plastic bag or shallow glass or plastic dish.
- Mix reserved apricot syrup, the wine, oil, 1 tablespoon of the honey and the salt; pour over lamb. Seal bag or cover dish and refrigerate at least 8 hours but no longer than 24 hours, turning lamb occasionally.
- Heat oven to 325°F.
- Remove lamb from marinade; reserve marinade.
- Place lamb, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is in thickest part of lamb and does not touch bone or rest in fat.
- Bake uncovered about 2 hours, brushing once or twice with marinade, until thermometer reads 140°F. Cover lamb loosely with foil and let stand 10 to 15 minutes or until thermometer reads 145°F. (Temperature will continue to rise about 5°, and lamb will be easier to carve.) Reserve 1/4 cup marinade; discard any remaining marinade.
- Garnish with additional apricot halves and fresh rosemary leaves if desired.
- Meanwhile, place apricots in food processor or blender. Cover and process until smooth. In 1-quart saucepan, heat apricots, 1/4 cup marinade, remaining 1 tablespoon honey and the

chopped rosemary.

Heat to boiling. Boil 1 to 2 minutes, stirring occasionally.

Serve sauce with lamb.

Nutrition Facts

PROTEIN 45.21% **FAT 40.73%** **CARBS 14.06%**

Properties

Glycemic Index:22.99, Glycemic Load:4.63, Inflammation Score:-8, Nutrition Score:22.213913129724%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 3.09mg, Epicatechin: 3.09mg, Epicatechin: 3.09mg, Epicatechin: 3.09mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 348.05kcal (17.4%), Fat: 15.1g (23.23%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 10.53g (3.83%), Sugar: 9.34g (10.38%), Cholesterol: 114.31mg (38.1%), Sodium: 185.3mg (8.06%), Alcohol: 1.59g (100%), Alcohol %: 0.77% (100%), Protein: 37.71g (75.42%), Vitamin B12: 4.82µg (80.37%), Selenium: 42.52µg (60.75%), Vitamin B3: 11.52mg (57.58%), Zinc: 7.04mg (46.94%), Phosphorus: 365.72mg (36.57%), Vitamin B2: 0.48mg (28.24%), Vitamin A: 1048.46IU (20.97%), Iron: 3.69mg (20.5%), Potassium: 690.79mg (19.74%), Vitamin B6: 0.38mg (19.06%), Vitamin B1: 0.27mg (18.2%), Vitamin B5: 1.44mg (14.42%), Magnesium: 57.01mg (14.25%), Copper: 0.28mg (14.09%), Vitamin K: 14.39µg (13.71%), Folate: 46.45µg (11.61%), Vitamin E: 1.43mg (9.5%), Vitamin C: 7.08mg (8.58%), Manganese: 0.17mg (8.34%), Fiber: 1.21g (4.83%), Calcium: 26.68mg (2.67%)