



Arni Psito: Spit Roasted Traditional Goat or Lamb



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



8

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 3 cloves garlic sliced
- ☐ 1 juice of lemon juiced
- ☐ 1 leg of lamb
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon oregano dry chopped fine
- ☐ 1 tablespoon oregano fresh chopped fine

- ☐ 8 small sprigs rosemary
- ☐ 2 teaspoons salt

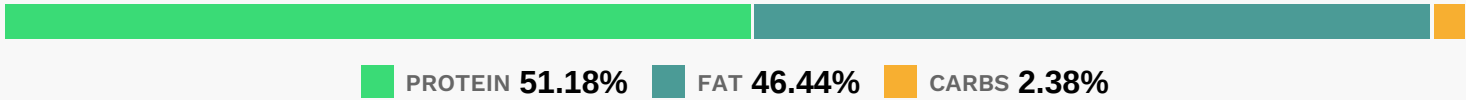
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 500 degrees F.
- ☐ Make sure the lamb is cleaned well and any hard fat is trimmed off. Make 8 slits in the leg and stuff them with the rosemary sprigs and garlic cloves. Rub the leg with the olive oil, dry oregano, lemon, salt, and pepper. Roast for about 30 minutes.
- ☐ Lower the heat to 375 degrees F.
- ☐ Add water to the pan, if needed. Cook for about 3 1/2 hours.
- ☐ Remove from the pan and let rest. Skim the fat from the pan juices and pour into a bowl with the fresh oregano.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:20.176956384078%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 294.96kcal (14.75%), Fat: 14.89g (22.91%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.16g (0.18%), Cholesterol: 114.26mg (38.09%), Sodium: 692.83mg (30.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.93g (73.87%), Vitamin B12: 4.82µg (80.34%), Selenium: 42.19µg (60.27%), Vitamin B3: 11.2mg (55.98%), Zinc: 6.91mg (46.08%), Phosphorus: 348.89mg (34.89%), Vitamin B2: 0.46mg (26.8%), Iron: 3.83mg (21.26%), Vitamin B1: 0.26mg (17.07%), Vitamin B6: 0.33mg (16.73%), Potassium: 544.53mg (15.56%), Magnesium: 52.75mg (13.19%), Vitamin B5: 1.31mg (13.12%), Copper: 0.24mg (12.06%), Vitamin K: 12.26µg (11.68%), Folate: 45.16µg (11.29%), Vitamin E: 1.6mg (10.68%), Manganese: 0.16mg (7.99%), Calcium: 35.75mg (3.58%), Fiber: 0.67g (2.69%), Vitamin C: 1.89mg (2.29%)