

health-score100%

HEALTH SCORE

Aussie Barbequed Boneless Leg of Lamb

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

250 min.

SERVINGS

servings

1

CALORIES

calories

1846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon chile peppers green hot minced
- ☐ 0.5 teaspoon ground pepper black to taste
- ☐ 3 pound leg of lamb boneless trimmed of fat
- ☐ 0.5 cup juice of lemon
- ☐ 1 tablespoon ground mustard dry
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons pepper sauce hot

- ☐ 1 teaspoon salt
- ☐ 2.5 cups tomato purée
- ☐ 0.8 cup vegetable oil
- ☐ 0.5 cup water
- ☐ 2 tablespoons distilled vinegar white

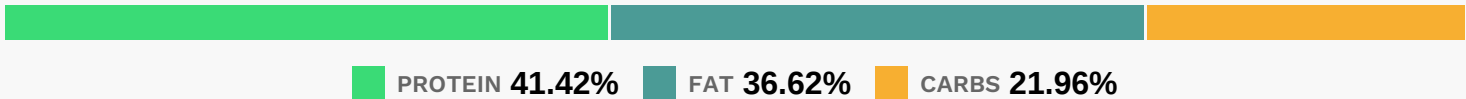
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Whisk together 1 cup of vegetable oil, 1/2 cups of vinegar, 2 cloves minced garlic, 1 tablespoon salt, and black pepper in a bowl; pour into a resealable plastic bag.
- ☐ Add the trimmed lamb leg, coat with the marinade, squeeze out excess air, and seal the bag. Marinate at room temperature for 2 hours.
- ☐ Meanwhile, stir together the water, lemon juice, 3/4 cup of vegetable oil, tomato puree, onion, 2 tablespoons of vinegar, hot sauce, minced chile, 2 cloves minced garlic, mustard powder, and 1 teaspoon of salt in a large saucepan. Bring to a boil over medium-high heat, then reduce heat to medium-low, and simmer 30 minutes until the onions have softened and the sauce has thickened.
- ☐ Preheat an outdoor grill for medium-low heat, and lightly oil grate.
- ☐ Remove lamb from marinade, and shake off excess. Discard remaining marinade. Cook on the preheated grill 1 1/2 to 2 hours, turning and basting frequently with the hot barbeque sauce.

Nutrition Facts



Properties

Glycemic Index:139, Glycemic Load:7.29, Inflammation Score:-10, Nutrition Score:84.643913351971%

Flavonoids

Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 92.5mg, Quercetin: 92.5mg, Quercetin: 92.5mg, Quercetin: 92.5mg

Nutrients (% of daily need)

Calories: 1846.49kcal (92.32%), Fat: 75.98g (116.89%), Saturated Fat: 19.33g (120.78%), Carbohydrates: 102.54g (34.18%), Net Carbohydrates: 82.7g (30.07%), Sugar: 49.27g (54.74%), Cholesterol: 548.67mg (182.89%), Sodium: 3307.84mg (143.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 193.37g (386.73%), Vitamin B12: 23.15µg (385.78%), Vitamin B3: 63.9mg (319.49%), Selenium: 223.4µg (319.15%), Zinc: 36.42mg (242.8%), Phosphorus: 2090.01mg (209%), Vitamin C: 149.88mg (181.67%), Potassium: 6047.53mg (172.79%), Vitamin B2: 2.81mg (165.01%), Iron: 28.95mg (160.83%), Copper: 3.21mg (160.28%), Vitamin B6: 2.84mg (142.02%), Vitamin E: 18.09mg (120.61%), Magnesium: 452.51mg (113.13%), Manganese: 2.17mg (108.34%), Vitamin B1: 1.61mg (107.52%), Vitamin B5: 9.72mg (97.23%), Folate: 366.6µg (91.65%), Vitamin K: 85.99µg (81.9%), Fiber: 19.84g (79.35%), Vitamin A: 3375.36IU (67.51%), Calcium: 291.72mg (29.17%)