



## Barbecued Lamb with Cilantro



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 servings cilantro sprigs
- ☐ 2 cups cooking wine dry red
- ☐ 2 bay leaves fresh
- ☐ 1.5 cups cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced peeled
- ☐ 6 lb leg of lamb
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 8 servings salt and pepper

☐ 0.8 cup soya sauce

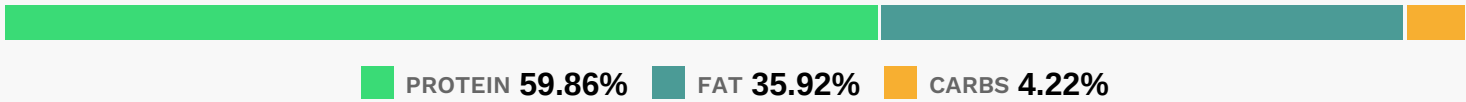
## Equipment

- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer

## Directions

- ☐ In a 9- by 13-inch baking dish, mix wine, soy sauce, oil, garlic, chopped cilantro, and bay leaves.
- ☐ Spread lamb open in the marinade and turn to coat. Cover and chill, turning meat occasionally, at least 4 hours or up to 1 day.
- ☐ Lift lamb from marinade (reserve marinade) and lay flat (open) on a barbecue grill over a solid bed of medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds). Close lid on gas grill. Cook, turning as needed to brown meat evenly, until a thermometer inserted in thickest part is 135 to 140 for rare, 30 to 45 minutes; thin portions will be well-done.
- ☐ Brush meat occasionally with marinade up until the last 10 minutes of cooking.
- ☐ Transfer meat to a platter, keep warm, and let rest 5 to 15 minutes.
- ☐ Garnish with cilantro sprigs. Thinly slice meat.
- ☐ Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:13.63, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:24.342173695564%

## Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg

4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg  
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg,  
Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg,  
Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg  
Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.01mg, Quercetin: 2.01mg,  
Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 363.52kcal (18.18%), Fat: 12.41g (19.09%), Saturated Fat: 3.83g (23.92%), Carbohydrates: 3.28g (1.09%),  
Net Carbohydrates: 2.99g (1.09%), Sugar: 0.41g (0.45%), Cholesterol: 137.17mg (45.72%), Sodium: 1543.3mg (67.1%),  
Alcohol: 6.3g (100%), Alcohol %: 2.54% (100%), Protein: 46.53g (93.06%), Vitamin B12: 5.79µg (96.45%), Selenium:  
50.73µg (72.47%), Vitamin B3: 14.25mg (71.27%), Zinc: 8.35mg (55.69%), Phosphorus: 445.15mg (44.52%), Vitamin  
B2: 0.58mg (33.84%), Iron: 4.52mg (25.11%), Vitamin B6: 0.43mg (21.34%), Vitamin B1: 0.32mg (21.15%), Potassium:  
686.36mg (19.61%), Magnesium: 67.69mg (16.92%), Vitamin B5: 1.65mg (16.49%), Copper: 0.31mg (15.5%), Folate:  
55.21µg (13.8%), Vitamin K: 11.25µg (10.72%), Manganese: 0.19mg (9.73%), Vitamin E: 0.94mg (6.26%), Vitamin A:  
210.84IU (4.22%), Calcium: 21.68mg (2.17%), Vitamin C: 1.2mg (1.45%), Fiber: 0.29g (1.16%)