



Barbecued lamb with sweet mint dressing



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



776 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp brown sugar light soft
- ☐ 1 juice of lemon
- ☐ 125 ml olive oil
- ☐ 8 tbsp balsamic vinegar
- ☐ 2 garlic clove crushed
- ☐ 4 tbsp mint leaves chopped
- ☐ 14 oz leg of lamb boneless

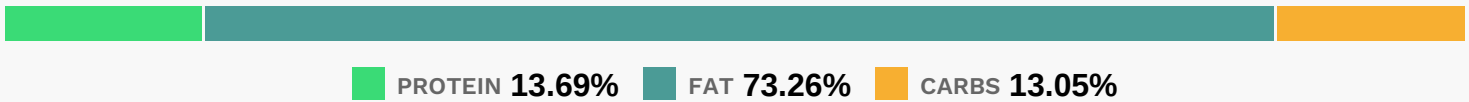
Equipment

- ☐ frying pan
- ☐ skewers

Directions

- ☐ Make the marinade: mix the sugar, lemon juice and zest with the olive oil, balsamic and some seasoning. Stir to dissolve the sugar then mix in the garlic and mint. Reserve half of the marinade to use as a dressing for the lamb later.
- ☐ Open out the meat and lay it in a deep tray.
- ☐ Pour the marinade on top then turn to coat all over in the mix. Cover with cling film and leave for 1 hr or overnight in the fridge.
- ☐ Remove the lamb from the fridge and shake off any excess marinade back into the tray. Insert a skewer so that it goes from one corner to the opposite one. Do the same with another skewer in the opposite direction this makes it really easy to turn the meat on the barbecue.
- ☐ Heat a barbecue or griddle pan until its a medium heat. Cook the lamb for 15–20 mins, turning frequently for pink lamb or longer if you prefer it more done. When cooked, rest for 5–10 mins before taking out the skewers, slicing and serving with the reserved marinade for pouring over.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:5.73, Inflammation Score:-4, Nutrition Score:18.886956246003%

Flavonoids

Eriodictyol: 1.72mg, Eriodictyol: 1.72mg, Eriodictyol: 1.72mg, Eriodictyol: 1.72mg Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg 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: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 776.38kcal (38.82%), Fat: 62.78g (96.59%), Saturated Fat: 9.9g (61.9%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 24.81g (9.02%), Sugar: 21.62g (24.02%), Cholesterol: 80.01mg (26.67%), Sodium: 98.39mg

(4.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.79%), Vitamin E: 8.52mg (56.78%), Vitamin B12: 3.38µg (56.26%), Selenium: 29.97µg (42.81%), Vitamin B3: 7.89mg (39.46%), Zinc: 4.93mg (32.89%), Vitamin K: 34.4µg (32.76%), Phosphorus: 262.06mg (26.21%), Vitamin B2: 0.33mg (19.21%), Iron: 3.37mg (18.7%), Potassium: 495.21mg (14.15%), Vitamin B6: 0.27mg (13.28%), Vitamin B1: 0.19mg (12.48%), Magnesium: 46.73mg (11.68%), Manganese: 0.21mg (10.56%), Copper: 0.2mg (10.09%), Vitamin B5: 0.96mg (9.64%), Vitamin C: 7.76mg (9.4%), Folate: 35.61µg (8.9%), Calcium: 49.42mg (4.94%), Vitamin A: 137.11IU (2.74%), Fiber: 0.36g (1.46%)