



HEALTH SCORE

100%

BBQ minty garlic lamb



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



1899 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 garlic cloves finely chopped
- ☐ 1 tbsp balsamic vinegar
- ☐ 20 g pack mint chopped
- ☐ 4 lamb leg steaks

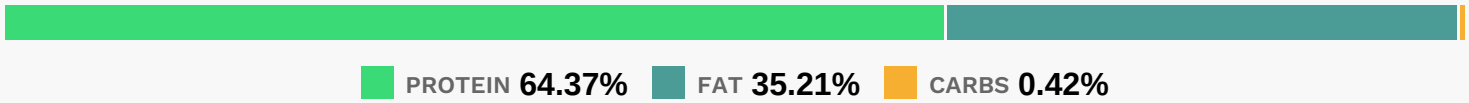
Equipment

- ☐ whisk

Directions

- ☐ Whisk the oil with garlic, balsamic vinegar and mint. Season to taste, then pour into a nonmetallic dish.
- ☐ Add the lamb, turning to coat in the marinade. Cover, then leave for 10 mins or up to 1 hr.
- ☐ Remove the lamb from the marinade and lay on the barbecue. Cook for 3–4 mins each side or until just cooked through.
- ☐ Serve with a tomato salad and pitta breads.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:62.79173924612%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg 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: 1899.24kcal (94.96%), Fat: 71.47g (109.95%), Saturated Fat: 23.97g (149.84%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.61g (0.68%), Cholesterol: 914.05mg (304.68%), Sodium: 888.36mg (38.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 293.94g (587.88%), Vitamin B12: 38.56µg (642.69%), Selenium: 335.84µg (479.77%), Vitamin B3: 89.07mg (445.37%), Zinc: 54.92mg (366.13%), Phosphorus: 2763.15mg (276.32%), Vitamin B2: 3.59mg (210.91%), Iron: 26.34mg (146.34%), Vitamin B1: 2.01mg (133.77%), Vitamin B6: 2.45mg (122.65%), Potassium: 4166.54mg (119.04%), Vitamin B5: 10.31mg (103.09%), Magnesium: 390.47mg (97.62%), Copper: 1.82mg (91.08%), Folate: 334.23µg (83.56%), Vitamin E: 4.15mg (27.68%), Manganese: 0.43mg (21.59%), Calcium: 101.71mg (10.17%), Vitamin A: 212.54IU (4.25%), Vitamin K: 4.24µg (4.04%), Vitamin C: 2.06mg (2.49%), Fiber: 0.43g (1.73%)