



Boneless Leg of Lamb

READY IN



95 min.

SERVINGS



35

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp rosemary fresh chopped
- 5.5 lb leg of lamb boneless
- 1 Tbsp olive oil
- 6 oz portabello mushrooms chopped
- 1 cup mozzarella cheese shredded kraft
- 6 oz stove top savory herbs stuffing mix
- 0.5 cup greek vinaigrette dressing kraft

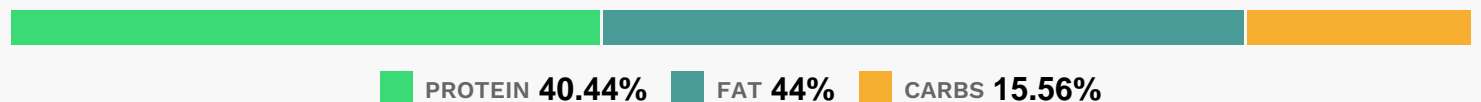
Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- cutting board
- kitchen twine

Directions

- Heat oven to 425F.
- Heat oil in large nonstick skillet on medium-high heat.
- Add mushrooms; cook and stir 5 min. or until mushrooms are tender and liquid is cooked off. Cool slightly.
- Meanwhile, prepare stuffing as directed on package, reducing water to 1 cup and butter to 2 Tbsp.
- Add mushrooms and cheese; mix lightly.
- Place lamb, cut side up, on cutting board; press to flatten.
- Spread with stuffing mixture.
- Roll up, starting at one long side. Tie closed in several places with kitchen string.
- Place in 13x9-inch baking dish.
- Pour dressing over lamb; sprinkle with rosemary.
- Bake 1 hour 20 min. or until lamb is medium-rare doneness (150F).
- Remove from oven. Cover with foil; let stand 10 to 15 min. or until medium doneness (160F).

Nutrition Facts



Properties

Glycemic Index:0.77, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:6.1504348217631%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 106.61kcal (5.33%), Fat: 5.12g (7.87%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.84g (1.4%), Sugar: 0.65g (0.72%), Cholesterol: 31.32mg (10.44%), Sodium: 116.69mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.16%), Vitamin B12: 1.29µg (21.48%), Selenium: 14.39µg (20.56%), Vitamin B3: 3.3mg (16.5%), Zinc: 1.89mg (12.6%), Phosphorus: 110.16mg (11.02%), Vitamin B2: 0.15mg (8.67%), Vitamin B1: 0.1mg (6.38%), Iron: 1.04mg (5.78%), Folate: 20.18µg (5.05%), Potassium: 162.79mg (4.65%), Vitamin B6: 0.09mg (4.62%), Copper: 0.08mg (4.13%), Vitamin B5: 0.4mg (4.03%), Vitamin K: 3.9µg (3.71%), Magnesium: 14.8mg (3.7%), Calcium: 24.03mg (2.4%), Vitamin E: 0.35mg (2.31%), Manganese: 0.04mg (2.24%)