



Braised Lamb with Herb-Scented Jus

 Gluten Free  Dairy Free

READY IN



240 min.

SERVINGS



30

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon peppercorns whole black
- 1 large carrots quartered (large)
- 1 fennel bulb quartered
- 1 bay leaf fresh
- 1 head garlic halved
- 1 leek halved lengthwise
- 8 pounds leg of lamb
- 2 quarts chicken stock low-sodium

- 1 large onion quartered (large)
- 3 sprigs parsley
- 3 sprigs rosemary
- 30 servings salt
- 3 sprigs thyme leaves

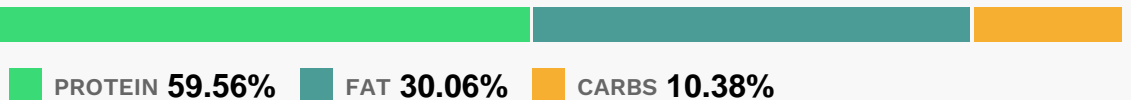
Equipment

- frying pan
- oven
- roasting pan
- aluminum foil

Directions

- Preheat the oven to 50
- In a roasting pan that's large enough to hold the lamb, spread out the vegetables, herbs and peppercorns. Season the lamb generously with salt. Set the lamb on top of the vegetables and roast for about 25 minutes, until the lamb is lightly browned.
- Add the stock to the pan and cover the pan with foil. Reduce the oven temperature to 300 and braise the lamb for 2 hours. Uncover the lamb and cook for 1 hour longer, until deeply browned on top and the meat is very tender.
- Let the lamb rest in the juices for 15 minutes, then transfer it to a carving board. Strain the cooking juices, discarding the solids, and spoon off the fat. Slice the lamb 1/4 inch thick and serve with some of the cooking juices.

Nutrition Facts



Properties

Glycemic Index:11.99, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:10.175217405609%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 117.25kcal (5.86%), Fat: 3.87g (5.95%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.84g (0.94%), Cholesterol: 48.77mg (16.26%), Sodium: 266.76mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.5%), Vitamin B12: 2.12µg (35.34%), Vitamin B3: 5.72mg (28.58%), Selenium: 18.17µg (25.96%), Zinc: 3.04mg (20.28%), Phosphorus: 175.36mg (17.54%), Vitamin B2: 0.22mg (12.81%), Iron: 1.73mg (9.63%), Potassium: 336.59mg (9.62%), Vitamin A: 476.55IU (9.53%), Vitamin B6: 0.17mg (8.45%), Vitamin K: 8.83µg (8.41%), Vitamin B1: 0.12mg (7.7%), Copper: 0.15mg (7.4%), Magnesium: 25.19mg (6.3%), Vitamin B5: 0.59mg (5.95%), Manganese: 0.12mg (5.91%), Folate: 23.26µg (5.81%), Vitamin C: 2.4mg (2.9%), Fiber: 0.57g (2.3%), Calcium: 18.59mg (1.86%), Vitamin E: 0.26mg (1.75%)