



WHATSheATE



## Butterflied Leg of Lamb with Pesto Aioli



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons ground pepper black
- ☐ 1 tablespoon kosher salt
- ☐ 1 leg of lamb boneless trimmed
- ☐ 0.5 cup mayonnaise
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.8 cup pesto prepared

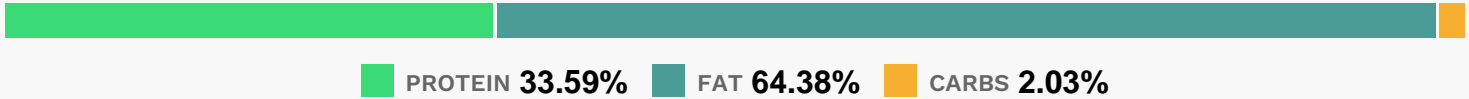
### Equipment

- ☐ bowl
- ☐ grill

## Directions

- ☐ In a small bowl combine the aioli ingredients. Set aside.
- ☐ Coat the lamb on all sides with the oil and season evenly with the salt and pepper. Allow the lamb to stand at room temperature for 15 to 30 minutes before grilling.
- ☐ Prepare the grill for direct and indirect cooking over medium heat (350 to 450F).
- ☐ Brush the cooking grates clean. Sear the lamb over direct medium heat, with the lid closed as much as possible, until nicely browned on both sides, 10 to 15 minutes, turning once. Slide the lamb over indirect medium heat and cook, with the lid closed, to your desired doneness, 20 to 30 minutes for medium rare.
- ☐ Remove from the grill and let rest for 5 to 10 minutes.
- ☐ Cut the lamb crosswise into 1/4-inch slices.
- ☐ Serve warm with the aioli.

## Nutrition Facts



## Properties

Glycemic Index:7.47, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:11.051304389277%

## Nutrients (% of daily need)

Calories: 246.19kcal (12.31%), Fat: 17.27g (26.58%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 0.98g (0.35%), Sugar: 0.44g (0.49%), Cholesterol: 65.07mg (21.69%), Sodium: 687.61mg (29.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.55%), Vitamin B12: 2.58µg (43%), Selenium: 22.59µg (32.27%), Vitamin B3: 5.94mg (29.68%), Zinc: 3.67mg (24.49%), Phosphorus: 185.95mg (18.6%), Vitamin B2: 0.24mg (14.12%), Vitamin K: 14.19µg (13.51%), Iron: 1.86mg (10.35%), Vitamin B1: 0.13mg (8.98%), Vitamin B6: 0.17mg (8.28%), Potassium: 280.25mg (8.01%), Vitamin B5: 0.7mg (7.02%), Magnesium: 26.19mg (6.55%), Copper: 0.13mg (6.25%), Vitamin E: 0.86mg (5.73%), Folate: 22.31µg (5.58%), Vitamin A: 255.95IU (5.12%), Calcium: 27.84mg (2.78%), Manganese: 0.05mg (2.67%), Fiber: 0.25g (1.01%)