



Chilled Sliced Lamb with Minted Pea Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 4 garlic clove sliced
- ☐ 2.5 pound leg of lamb boneless trimmed
- ☐ 2 tablespoons juice of lemon fresh divided
- ☐ 1 ounce mint leaves loosely packed
- ☐ 2 teaspoons olive oil
- ☐ 1 cup peas green frozen thawed

- ☐ 0.8 teaspoon salt divided
- ☐ 1 tablespoon suya seasoning mix salt-free
- ☐ 0.5 cup cream fat-free sour

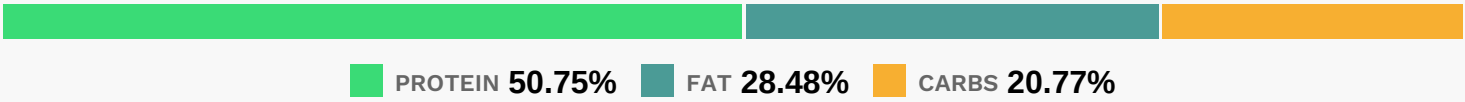
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Rub surface of lamb with 1 tablespoon lemon juice and olive oil.
- ☐ Sprinkle evenly with Greek seasoning and 1/2 teaspoon salt. Make several small slits on outside of lamb; stuff with garlic slices.
- ☐ Coat lamb with cooking spray.
- ☐ Place on grill rack; grill 10 to 11 minutes on each side or until a thermometer registers 14
- ☐ Let stand 10 minutes.
- ☐ Drizzle remaining 1 tablespoon lemon juice over lamb. Chill lamb at least 1 hour.
- ☐ While lamb chills, process mint, yogurt, sour cream, pepper, and remaining 1/4 teaspoon salt in a food processor until smooth, stopping to scrape down sides.
- ☐ Transfer mint sauce to a small bowl; stir in peas. Cover and chill until ready to serve. Thinly slice lamb; serve with mint sauce.
- ☐ Garnish with mint sprigs, if desired.
- ☐ Note: To roast in the oven instead of grilling, place lamb on a rack coated with cooking spray in a roasting pan.
- ☐ Bake in a preheated oven at 425 for 32 minutes.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:11.797391404276%

Flavonoids

Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg 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: 134.11kcal (6.71%), Fat: 4.21g (6.47%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 5.17g (1.88%), Sugar: 1.96g (2.17%), Cholesterol: 47mg (15.67%), Sodium: 246.59mg (10.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.73%), Vitamin B12: 2.04µg (33.97%), Selenium: 18.34µg (26.2%), Vitamin B3: 4.91mg (24.53%), Zinc: 3.19mg (21.25%), Phosphorus: 190.11mg (19.01%), Vitamin B2: 0.26mg (15.35%), Vitamin K: 13.4µg (12.76%), Iron: 2.25mg (12.48%), Manganese: 0.21mg (10.58%), Vitamin B1: 0.16mg (10.48%), Vitamin C: 8.38mg (10.16%), Vitamin B6: 0.19mg (9.51%), Potassium: 331.29mg (9.47%), Folate: 35.97µg (8.99%), Magnesium: 34.38mg (8.6%), Calcium: 79.86mg (7.99%), Copper: 0.14mg (7.14%), Fiber: 1.73g (6.91%), Vitamin B5: 0.64mg (6.43%), Vitamin A: 287.25IU (5.75%), Vitamin E: 0.57mg (3.78%)