



Crushed-Herb Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons rosemary dried
- ☐ 2 tablespoons thyme leaves dried
- ☐ 6 cloves garlic
- ☐ 2 tablespoons fresh-ground pepper
- ☐ 2 teaspoons kosher salt
- ☐ 5.5 lb leg of lamb
- ☐ 0.3 cup olive oil
- ☐ 2 oz shallots

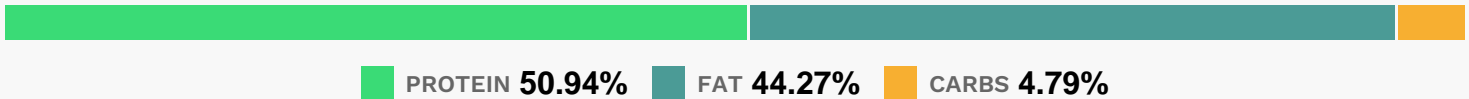
Equipment

- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Trim and discard fat and any transparent membrane from surface of lamb.
- ☐ Peel garlic and shallots and cut into 1/4-inch-thick slivers. Pierce lamb all over with the tip of a small knife and insert garlic and shallots into cuts (lamb will look like a porcupine). Also tuck 2 teaspoons rock salt into cuts, spacing evenly over meat.
- ☐ Mix thyme, rosemary, pepper, and olive oil. Pat mixture all over the lamb.
- ☐ If cooking over charcoal briquets, ignite 60 briquets on firegrate of a barbecue with a lid. When coals are dotted with gray, about 25 minutes, push an equal number of coals to opposite sides of grate.
- ☐ Add 5 briquets to each mound of coals. Put a foil drip pan between coals. Set grill in place.
- ☐ If using a gas barbecue, turn heat to high and close lid for at least 10 minutes. Adjust burners for indirect grilling (heat on parallel sides of grill but not in center). Set a drip pan between burners and put grill in place.
- ☐ Put lamb on grill over drip pan, but not directly over heat. Cover barbecue; open all vents. (If cooking over charcoal, after 30 minutes add 5 more briquets to each mound of coals.) Cook until a meat thermometer inserted through thickest part of meat to bone registers 125 for rare (1 hour to 1 hour and 10 minutes), or 135 for medium-rare (about 1 hour and 10 to 30 minutes).
- ☐ Transfer meat to a platter and let rest 10 minutes. Carve, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.67, Inflammation Score:-8, Nutrition Score:21.157826325168%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 291.36kcal (14.57%), Fat: 14.07g (21.65%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.54g (0.6%), Cholesterol: 111.77mg (37.26%), Sodium: 627.24mg (27.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.43g (72.86%), Vitamin B12: 4.72µg (78.58%), Selenium: 41.53µg (59.32%), Vitamin B3: 10.97mg (54.85%), Zinc: 6.84mg (45.61%), Phosphorus: 348.09mg (34.81%), Vitamin B2: 0.45mg (26.35%), Iron: 4.68mg (26.02%), Vitamin K: 21.12µg (20.11%), Vitamin B6: 0.36mg (18%), Vitamin B1: 0.26mg (17.37%), Manganese: 0.34mg (17.17%), Potassium: 563.12mg (16.09%), Magnesium: 54.2mg (13.55%), Vitamin B5: 1.31mg (13.06%), Copper: 0.26mg (12.99%), Folate: 46.39µg (11.6%), Vitamin E: 1.33mg (8.88%), Calcium: 45.2mg (4.52%), Fiber: 1.1g (4.4%), Vitamin C: 1.84mg (2.24%), Vitamin A: 55.41IU (1.11%)