



Curried Leg of Lamb with Cucumber-Yogurt Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons curry powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced
- ☐ 4 garlic cloves minced
- ☐ 1.5 teaspoons ground coriander
- ☐ 3 jalapeño peppers minced seeded
- ☐ 5 pound leg of lamb

- ☐ 2 cups yogurt plain
- ☐ 1.5 teaspoons salt
- ☐ 8 servings cucumber–yogurt sauce

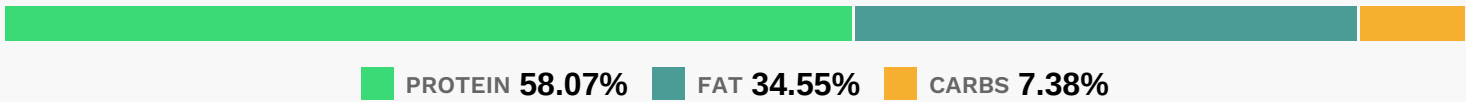
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Process first 8 ingredients in a food processor or blender until smooth, stopping to scrape down sides.
- ☐ Place lamb in a large shallow dish or heavy–duty zip–top plastic bag.
- ☐ Pour yogurt mixture over lamb. Cover or seal, and chill 8 hours, turning occasionally.
- ☐ Remove lamb from marinade, discarding marinade.
- ☐ Place lamb on a rack in a roasting pan.
- ☐ Bake at 425 for 25 minutes; reduce temperature to 350, and bake 1 hour and 25 minutes or until a meat thermometer inserted into thickest portion registers 14
- ☐ Remove from oven, and let stand 15 minutes or until a meat thermometer registers 150 (medium–rare).
- ☐ Serve with Cucumber–Yogurt Sauce.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:21.952608757693%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 277.15kcal (13.86%), Fat: 10.39g (15.98%), Saturated Fat: 4.23g (26.41%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 4.13g (1.5%), Sugar: 3.19g (3.55%), Cholesterol: 122.4mg (40.8%), Sodium: 577.06mg (25.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.29g (78.57%), Vitamin B12: 5.05µg (84.21%), Selenium: 43.94µg (62.77%), Vitamin B3: 11.32mg (56.62%), Zinc: 7.34mg (48.9%), Phosphorus: 414.81mg (41.48%), Vitamin B2: 0.55mg (32.15%), Iron: 3.84mg (21.35%), Vitamin B6: 0.38mg (19.18%), Potassium: 665.9mg (19.03%), Vitamin B1: 0.28mg (18.56%), Magnesium: 62.42mg (15.61%), Vitamin B5: 1.56mg (15.58%), Copper: 0.26mg (12.84%), Folate: 49.61µg (12.4%), Calcium: 99.96mg (10%), Vitamin C: 7.43mg (9.01%), Manganese: 0.15mg (7.61%), Vitamin E: 0.96mg (6.43%), Vitamin K: 4.17µg (3.97%), Fiber: 0.87g (3.46%), Vitamin A: 166.89IU (3.34%)