



Dale's Lamb

 Gluten Free  Dairy Free

READY IN



570 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar
- 0.3 cup dijon mustard
- 0.5 inch ginger root fresh sliced
- 2 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 5 pound leg of lamb
- 0.7 cup juice of lemon
- 0.3 cup olive oil

- 1 teaspoon salt
- 0.3 cup soya sauce

Equipment

- bowl
- sauce pan
- whisk
- grill

Directions

- In a bowl, mix the lemon juice, brown sugar, Dijon mustard, soy sauce, olive oil, garlic, ginger, salt, and pepper.
- Place the lamb in a shallow container.
- Pour the lemon juice mixture over the lamb. Cover, and marinate in the refrigerator 8 hours or overnight.
- Preheat an outdoor grill for medium heat.
- Drain marinade, and bring to a boil in a small saucepan. Reduce heat to low, and simmer, whisking constantly, until slightly thickened.
- Lightly oil the grill grate. Over indirect heat, grill the lamb 40 to 50 minutes, turning to cook all sides, to a minimum internal temperature of 145 degrees F (63 degrees C). Cool, slice, and cover with the thickened marinade mixture to serve.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:20.676521712023%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin:

0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 355.88kcal (17.79%), Fat: 15.14g (23.28%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 15.6g (5.67%), Sugar: 14.1g (15.67%), Cholesterol: 114.31mg (38.1%), Sodium: 896.39mg (38.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.97g (75.94%), Vitamin B12: 4.82µg (80.37%), Selenium: 44.98µg (64.25%), Vitamin B3: 11.5mg (57.5%), Zinc: 6.97mg (46.44%), Phosphorus: 366.2mg (36.62%), Vitamin B2: 0.47mg (27.47%), Iron: 3.73mg (20.71%), Vitamin B1: 0.28mg (18.38%), Vitamin B6: 0.35mg (17.44%), Potassium: 589.04mg (16.83%), Magnesium: 57.91mg (14.48%), Vitamin B5: 1.39mg (13.88%), Copper: 0.26mg (12.77%), Folate: 47.22µg (11.81%), Vitamin C: 8.16mg (9.89%), Vitamin E: 1.43mg (9.5%), Manganese: 0.15mg (7.65%), Vitamin K: 4.4µg (4.19%), Calcium: 31.93mg (3.19%), Fiber: 0.51g (2.04%)