



 **70%**  
HEALTH SCORE

## Easy Garlic Roast Leg Of Lamb With Rosemary and Parsley

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**496 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 lbs leg of lamb bone-in
- 5 garlic clove sliced
- 8 servings olive oil extra virgin
- 1 cup flat parsley italian finely chopped
- 1 tablespoon rosemary leaves fresh finely chopped
- 1 tablespoon kosher salt
- 8 servings pepper black as needed freshly-ground

## Equipment

- oven
- knife
- roasting pan
- kitchen thermometer
- cutting board

## Directions

- With the tip of a small sharp knife, poke holes in the leg of lamb about 1 1/2-inch deep. Into each hole, stuff one slice of garlic.
- Rub the leg of lamb all over with olive oil, parsley and rosemary. Season well with Kosher salt and black pepper.
- Heat oven to 425 degrees.
- Place lamb in a roasting pan; roast 30 minutes. Reduce heat to 325 degrees, and baste the leg with any juices that have accumulated in the pan. Cook about 2 hours (total cooking time is about 20 minutes per pound), until an instant-read thermometer registers 130 degrees (medium) in the thickest part.
- Remove roast from oven and allow to rest 15 minutes.
- Transfer roast to a cutting board and let rest for 10 minutes.
- Carve in thin slices, parallel to the bone and serve.

## Nutrition Facts

 **PROTEIN 48.85%**  **FAT 50.15%**  **CARBS 1%**

## Properties

Glycemic Index:11.75, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:34.936956521739%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin:

1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Taste

Sweetness: 11.13%, Saltiness: 100%, Sourness: 22.42%, Bitterness: 24.1%, Savoriness: 63.2%, Fattiness: 84.45%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 495.61kcal (24.78%), Fat: 26.97g (41.5%), Saturated Fat: 6.55g (40.96%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.08g (0.09%), Cholesterol: 182.89mg (60.96%), Sodium: 1054.11mg (45.83%), Protein: 59.11g (118.23%), Vitamin B12: 7.72µg (128.59%), Vitamin K: 131.62µg (125.36%), Selenium: 67.44µg (96.34%), Vitamin B3: 17.92mg (89.59%), Zinc: 11.08mg (73.87%), Phosphorus: 559.06mg (55.91%), Vitamin B2: 0.72mg (42.61%), Iron: 5.81mg (32.28%), Vitamin B1: 0.41mg (27.36%), Vitamin B6: 0.52mg (25.85%), Potassium: 878.24mg (25.09%), Vitamin B5: 2.1mg (21.02%), Magnesium: 81.8mg (20.45%), Folate: 77.47µg (19.37%), Copper: 0.38mg (18.98%), Vitamin E: 2.7mg (18.02%), Vitamin C: 10.61mg (12.87%), Vitamin A: 639.83IU (12.8%), Manganese: 0.13mg (6.47%), Calcium: 32.81mg (3.28%), Fiber: 0.35g (1.39%)