



Easy Provençal Lamb



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 cup dijon mustard
- ☐ 2 sprigs rosemary leaves fresh
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 4 sprigs thyme sprigs fresh
- ☐ 9 cloves garlic divided chopped
- ☐ 0.5 cup honey good divided (see note)
- ☐ 8 servings pepper black freshly ground

- ☐ 6 pound leg of lamb bone-in trimmed
- ☐ 0.5 cup olive oil good
- ☐ 1 large onion spanish sliced
- ☐ 3 pounds tomatoes diced red cored ripe

Equipment

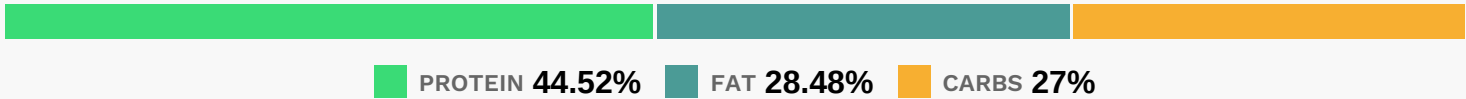
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat the oven to 450 degrees.
- ☐ Place the leg of lamb in a large roasting pan fat side up and pat it dry with paper towels.
- ☐ Combine the mustard, 1 tablespoon of garlic, the rosemary, balsamic vinegar, 1 tablespoon salt and 1/2 teaspoon of pepper in a mini food processor and pulse until the garlic and rosemary are minced.
- ☐ Spread the mixture on the lamb.
- ☐ Place the tomatoes, olive oil, 1/4 cup of the honey, the onion, the remaining 1 tablespoons garlic, 2 tablespoons salt, and 2 teaspoons pepper in a bowl and toss well.
- ☐ Pour the tomato mixture around the lamb and tuck in the thyme and rosemary sprigs.
- ☐ Drizzle the lamb with the remaining 1/4 cup of honey.
- ☐ Roast for 20 minutes. Turn the heat down to 350 degrees and roast for another 1 to 1 1/4 hours, until a meat thermometer registers 130 to 135 degrees for medium-rare.

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- Place the lamb on a cutting board, cover with aluminum foil, and allow to rest for 15 minutes. Discard the herb stems and return the tomatoes to the oven to keep warm. Slice the lamb, arrange on a platter, sprinkle with salt and pepper, and serve with the tomatoes and pan juices spooned on top.
- ☐
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Nutrition Facts



Properties

Glycemic Index:38.28, Glycemic Load:11.8, Inflammation Score:-9, Nutrition Score:31.180869496387%

Flavonoids

Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

Nutrients (% of daily need)

Calories: 418.13kcal (20.91%), Fat: 13.3g (20.45%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 25.08g (9.12%), Sugar: 23.22g (25.8%), Cholesterol: 137.17mg (45.72%), Sodium: 315.39mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.76g (93.53%), Vitamin B12: 5.79µg (96.45%), Selenium: 56.4µg (80.58%), Vitamin B3: 14.53mg (72.67%), Zinc: 8.75mg (58.34%), Phosphorus: 483.97mg (48.4%), Vitamin B2: 0.6mg (35.19%), Vitamin C: 26.77mg (32.45%), Potassium: 1106.27mg (31.61%), Vitamin A: 1460.98IU (29.22%), Vitamin B6: 0.58mg (29.18%), Iron: 4.94mg (27.43%), Vitamin B1: 0.41mg (27.21%), Magnesium: 88.65mg (22.16%), Manganese: 0.43mg (21.72%), Copper: 0.41mg (20.62%), Folate: 80.53µg (20.13%), Vitamin B5: 1.8mg (18.04%), Vitamin K: 15.59µg (14.85%), Fiber: 3.28g (13.11%), Vitamin E: 1.84mg (12.27%), Calcium: 55.27mg (5.53%)