



 **63%**
HEALTH SCORE

Easy Roast Leg of Lamb

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

READY IN



90 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce tomato sauce canned
- 2 sprigs rosemary fresh
- 5 cloves garlic cut into slivers
- 1 tablespoon ground pepper black
- 4 pound leg of lamb
- 1 teaspoon salt

Equipment

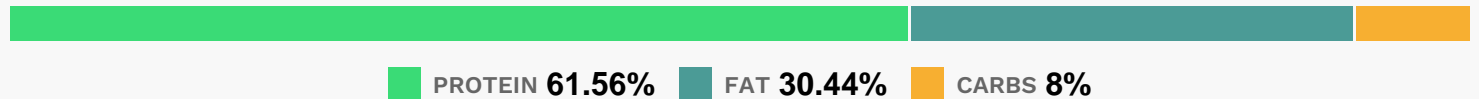
- oven

- knife
- roasting pan

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Rub the leg of lamb all over with salt and pepper. Use a small knife to make punctures in the lamb about 1 inch apart. Press slivers of garlic into each hole so that they are about 1/2 inch below the surface.
- Place the meat in a roasting pan. You can either remove the rosemary from the stalk and sprinkle and rub into the meat on all sides, or you can simply use the string from the lamb to secure against it.
- Pour the can of tomato sauce over the whole thing.
- Bake for 45 minutes in the preheated oven, then lower the temperature to 325 degrees F (160 degrees C), and continue roasting until the internal temperature of the meat is at least 160 degrees F (70 degrees C), about 15 minutes. If you want the meat well done, wait until the internal temperature reaches 170 degrees F (75 degrees C).

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:2.36, Inflammation Score:-7, Nutrition Score:33.503478299017%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 400.71kcal (20.04%), Fat: 13.28g (20.43%), Saturated Fat: 4.67g (29.19%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 5.8g (2.11%), Sugar: 3.83g (4.26%), Cholesterol: 182.89mg (60.96%), Sodium: 1263.41mg (54.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.42g (120.85%), Vitamin B12: 7.72µg (128.59%), Selenium: 68.4µg (97.71%), Vitamin B3: 18.9mg (94.5%), Zinc: 11.27mg (75.14%), Phosphorus: 588.37mg (58.84%), Vitamin B2: 0.79mg (46.49%), Iron: 6.44mg (35.77%), Potassium: 1177.03mg (33.63%), Vitamin B6: 0.64mg (32.05%), Vitamin B1: 0.43mg (28.98%), Copper: 0.51mg (25.7%), Vitamin B5: 2.43mg (24.3%), Magnesium:

96.67mg (24.17%), Manganese: 0.44mg (21.92%), Folate: 75.72µg (18.93%), Vitamin E: 2.18mg (14.52%), Vitamin C: 8.62mg (10.45%), Vitamin A: 470.33IU (9.41%), Fiber: 2.06g (8.24%), Vitamin K: 5.5µg (5.23%), Calcium: 45.98mg (4.6%)