



Lamb and Fresh Goat Cheese Roulade

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz goat cheese fresh
- 16 ounce lamb loins
- 2 tablespoons olive oil
- 4 oz baby spinach
- 1 tablespoon garlic chopped ()
- 3 tablespoons cooking oil
- 6 servings salt and pepper

Equipment

frying pan

oven

Directions

Heat 2 tbsp. olive oil in a saut pan over medium high heat.

Add the garlic and saut for 10 seconds then add the spinach and saut only until the spinach wilts.

Set aside to cool.

Lay out the lamb loin and butterfly to create a flat piece about 6 inches wide.

Season the loin with salt and pepper.

Squeeze the excess water from the spinach and spread evenly over the lamb loin.

Split the goat cheese in half lengthwise and then in half again to create 4 lengthwise quarters.

Place 2 quarters end to end on each prepared lamb loin.

Roll and truss each prepared loin.

Preheat oven to 375F.

In a large saut pan, heat cooking oil over medium high heat and sear each loin for 3-4 minutes on all sides.

Roast lamb loins in the oven for 10 -12 minutes until an internal temperature of 120F is reached.

Remove from the oven and let rest for 10 minutes.

Remove string and slice into medallions.

Divide among 2 plates and serve.

Nutrition Facts



PROTEIN 17.9% **FAT 80.89%** **CARBS 1.21%**

Properties

Glycemic Index:10.33, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:16.752173913043%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Taste

Sweetness: 10.94%, Saltiness: 99.1%, Sourness: 25.94%, Bitterness: 25.28%, Savoriness: 56%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 372.55kcal (18.63%), Fat: 33.43g (51.43%), Saturated Fat: 11.63g (72.69%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.26g (0.29%), Cholesterol: 63.88mg (21.29%), Sodium: 323.19mg (14.05%), Protein: 16.64g (33.29%), Vitamin K: 102.17µg (97.3%), Vitamin A: 1967.58IU (39.35%), Vitamin B12: 1.78µg (29.7%), Vitamin B3: 4.73mg (23.67%), Selenium: 15.12µg (21.6%), Zinc: 2.87mg (19.12%), Phosphorus: 178.37mg (17.84%), Vitamin E: 2.47mg (16.45%), Vitamin B2: 0.27mg (15.75%), Folate: 52.58µg (13.15%), Copper: 0.24mg (12.17%), Iron: 2.09mg (11.63%), Manganese: 0.23mg (11.28%), Vitamin B6: 0.2mg (9.95%), Magnesium: 34.17mg (8.54%), Potassium: 283.64mg (8.1%), Vitamin B1: 0.11mg (7.59%), Vitamin C: 5.73mg (6.94%), Vitamin B5: 0.64mg (6.4%), Calcium: 59.85mg (5.98%), Fiber: 0.44g (1.78%), Vitamin D: 0.15µg (1.01%)