



Garlic and Herb-Crusted Lamb

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces breadcrumbs fresh french
- ☐ 2.5 tablespoons cornstarch
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon chives fresh thinly sliced
- ☐ 1 tablespoon thyme sprigs fresh coarsely chopped
- ☐ 4 garlic clove whole
- ☐ 12 slices garlic fresh
- ☐ 8 pound leg of lamb

- ☐ 2.3 cups beef broth
- ☐ 0.5 cup wine dry red
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1.3 teaspoons salt divided

Equipment

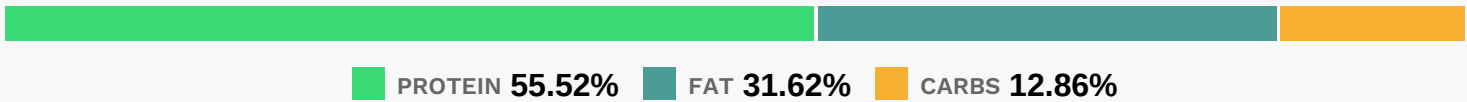
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Remove white papery skin from garlic heads (do not peel or separate the cloves).
- ☐ Cut off top portions of garlic heads. Wrap garlic heads in foil.
- ☐ Bake at 350 1 hour; cool 10 minutes. Squeeze garlic heads to extract pulp. Discard skins.
- ☐ Place garlic pulp, mustard, and oil in a food processor; process until smooth. Stir in chives and thyme leaves.
- ☐ Increase oven temperature to 42
- ☐ Trim fat from lamb.
- ☐ Cut 12 3/4-inch slits in lamb; place a fresh garlic slice in each slit.
- ☐ Sprinkle surface of lamb with 1/2 teaspoon salt and pepper; rub with roasted garlic paste mixture. Press breadcrumbs over surface of lamb.

- ☐ Place lamb on a broiler pan. Insert meat thermometer into thickest part of lamb, making sure not to touch bone.
- ☐ Bake at 425 for 10 minutes. Decrease oven temperature to 32
- ☐ Bake an additional 2 hours and 10 minutes or until thermometer registers 140 (medium-rare) to 155 (medium).
- ☐ Remove lamb from rack; place on a shallow serving platter. Lightly cover with foil; let stand 15 minutes.
- ☐ Drain fat from bottom of pan (do not scrape pan).
- ☐ Place broiler pan on stovetop over medium-high heat.
- ☐ Add broth, and bring to a boil, scraping to loosen browned bits.
- ☐ Combine red wine and cornstarch, and stir with a whisk.
- ☐ Add to beef broth, and return to boiling. Cook 1 minute or until mixture is slightly thick, stirring constantly. Stir in 3/4 teaspoon salt, and serve immediately with lamb.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:13.20956525984%

Flavonoids

Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 188.34kcal (9.42%), Fat: 6.26g (9.62%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 5.33g (1.94%), Sugar: 0.38g (0.42%), Cholesterol: 73.16mg (24.39%), Sodium: 366.76mg (15.95%),

Alcohol: 0.63g (100%), Alcohol %: 0.51% (100%), Protein: 24.71g (49.42%), Vitamin B12: 3.13µg (52.08%), Selenium: 28.94µg (41.34%), Vitamin B3: 7.73mg (38.64%), Zinc: 4.5mg (29.99%), Phosphorus: 236.79mg (23.68%), Vitamin B2: 0.32mg (18.71%), Vitamin B1: 0.22mg (14.64%), Iron: 2.51mg (13.95%), Vitamin B6: 0.22mg (11.04%), Potassium: 365.28mg (10.44%), Magnesium: 35.24mg (8.81%), Vitamin B5: 0.87mg (8.72%), Folate: 33.31µg (8.33%), Copper: 0.17mg (8.3%), Manganese: 0.12mg (5.96%), Vitamin E: 0.36mg (2.41%), Calcium: 23.39mg (2.34%), Fiber: 0.39g (1.55%), Vitamin C: 1.02mg (1.24%), Vitamin K: 1.23µg (1.17%)