



Garlic-Herb Roast Leg of Lamb



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



20

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 fillet anchovy tinned
- ☐ 2 tablespoons parsley fresh roughly chopped
- ☐ 0.3 cup rosemary leaves fresh roughly chopped
- ☐ 2 tablespoons thyme sprigs fresh
- ☐ 6 large cloves garlic roughly chopped
- ☐ 7 lb leg of lamb trimmed
- ☐ 2 teaspoons lemon zest grated (from 2 lemons)
- ☐ 0.3 cup olive oil

☐ 1 teaspoon pepper

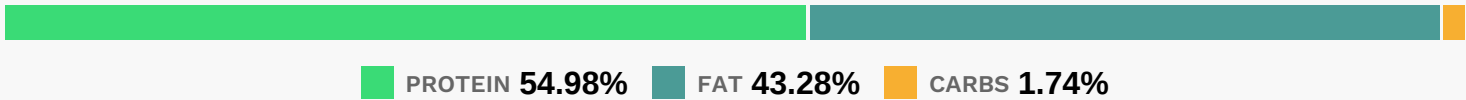
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine rosemary, thyme, parsley, garlic, zest, anchovy fillets, pepper and oil in a food processor; puree until a fairly smooth paste forms, scraping down sides of bowl if necessary. Pat lamb dry and make 1-inch-deep slits all over with a small, sharp knife. Rub paste on lamb and into slits.
- ☐ Place lamb on a rack in a large roasting pan, cover and refrigerate for 24 hours.
- ☐ Transfer to countertop 1 hour before roasting.
- ☐ Preheat oven to 400F. Roast lamb for 30 minutes. Reduce oven temperature to 375F and roast until a thermometer inserted in thickest part of lamb, not touching bone, registers 135F for medium-rare (temperature will rise to 145F as lamb rests), 1 to 1 1/4 hours longer.
- ☐ Remove lamb from oven, cover loosely with foil and let rest 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:11.317391323007%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 155.65kcal (7.78%), Fat: 7.28g (11.2%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.02g (0.02%), Cholesterol: 64.37mg (21.46%), Sodium: 63.25mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.82g (41.64%), Vitamin B12: 2.7µg (45.07%), Selenium: 23.86µg (34.08%), Vitamin B3: 6.34mg (31.72%), Zinc: 3.88mg (25.89%), Phosphorus: 196.83mg (19.68%), Vitamin B2: 0.26mg (15.12%), Iron: 2.05mg (11.39%), Vitamin B1: 0.14mg (9.55%), Vitamin B6: 0.19mg (9.33%), Potassium: 305.37mg (8.72%), Vitamin K: 8.36µg (7.97%), Vitamin B5: 0.74mg (7.39%), Magnesium: 29.3mg (7.33%), Copper: 0.14mg (6.85%), Folate: 24.42µg (6.1%), Vitamin E: 0.62mg (4.12%), Manganese: 0.07mg (3.41%), Vitamin C: 2.27mg (2.75%), Vitamin A: 77.85IU (1.56%), Calcium: 13.71mg (1.37%)