



Garlic-Roasted Lamb with Oregano Pesto

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 garlic head whole
- ☐ 3 garlic cloves sliced
- ☐ 2 pound rolled leg of lamb boneless
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup oregano pesto
- ☐ 0.3 teaspoon salt

Equipment

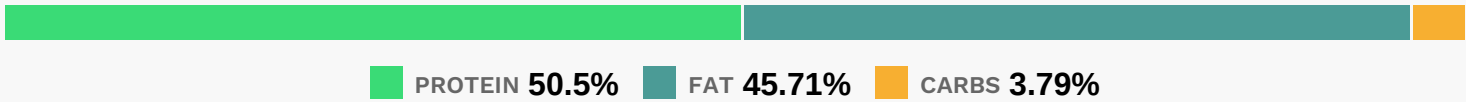
- ☐ oven

- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Unroll roast, and trim fat.
- ☐ Spread 1 tablespoon Oregano Pesto into the folds of the roast. Reroll roast, and secure at 1-inch intervals with heavy string. Make several 1/2-inch-deep slits in surface of roast; stuff garlic slices into slits.
- ☐ Cut 3 additional 1/2-inch-deep slits in surface of roast; stuff 1 teaspoon pesto into each slit.
- ☐ Spread remaining pesto over surface of roast, and sprinkle with salt and pepper.
- ☐ Place roast on a broiler pan, and insert meat thermometer into thickest portion of roast; set aside.
- ☐ Remove the white, papery skin of whole garlic head, making sure not to separate the cloves. Wrap the garlic head in aluminum foil.
- ☐ Bake roast and garlic side by side at 325 for 45 minutes.
- ☐ Remove garlic from oven; set aside.
- ☐ Bake roast 40 more minutes or until thermometer registers 150 (medium-rare).
- ☐ Let roast stand 10 minutes before slicing. Separate garlic head into cloves, and serve with roast.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:10.328260933899%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 165kcal (8.25%), Fat: 8.13g (12.51%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.35g (0.39%), Cholesterol: 61.79mg (20.6%), Sodium: 252.92mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.21g (40.42%), Vitamin B12: 2.57µg (42.86%), Selenium: 22.67µg (32.39%), Vitamin B3: 5.95mg (29.74%), Zinc: 3.68mg (24.54%), Phosphorus: 186.97mg (18.7%), Vitamin B2: 0.24mg (14.14%), Iron: 1.83mg (10.18%), Vitamin B6: 0.19mg (9.34%), Vitamin B1: 0.14mg (9.16%), Potassium: 283.88mg (8.11%), Vitamin B5: 0.7mg (6.98%), Magnesium: 26.29mg (6.57%), Copper: 0.13mg (6.33%), Folate: 21.98µg (5.49%), Vitamin A: 208.73IU (4.17%), Manganese: 0.06mg (3.09%), Calcium: 26.22mg (2.62%), Vitamin E: 0.21mg (1.41%)