



Greek Style Roast Leg of Lamb with Lemon Roasted Potatoes



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



195 min.

SERVINGS



4

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 8 cloves garlic chopped
- ☐ 4 pound leg of lamb bone in with
- ☐ 4 lemons
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon oregano
- ☐ 1 teaspoon paprika

- ☐ 2 teaspoons pepper
- ☐ 2 pounds potatoes peeled cut into wedges
- ☐ 2 tablespoons rosemary chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon sea salt
- ☐ 2 tablespoons thyme leaves chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Pierce the leg of lamb with a knife and insert the slivers of garlic all around the surface.
- ☐ Mix the remaining garlic, oregano, rosemary, thyme, the juice and zest of 1 lemon, the oil, mustard, paprika, salt and pepper, rub the mixture over the lamb and let it marinade in the fridge for 1 hour to over night.
- ☐ Place the lamb on a rack in your roasting pan, top it with some of the marinade and place enough water in the pan to cover the bottom without touching the lamb.Cover in foil and roast in a preheated 450F oven on the middle rack until tender enough to easily pull from the bone, about 2-4 hours, adding more water if needed.Reduce the heat to 350F and roast until browned, remove from the oven cover in foil and let rest.
- ☐ Remove the drippings from the pan reserving them.Skim off a few tablespoons of the fat from the drippings and toss the potato wedges in them along with the juice of one lemon, oregano, salt and pepper to taste.
- ☐ Cut the remaining lemons into wedges, add them to the pan along with the potato wedges and roast at 450F until the potatoes are tender on the inside and slightly crispy on the outside, about 30-45 minutes.

Nutrition Facts



 **PROTEIN 34.17%**  **FAT 37.43%**  **CARBS 28.4%**

Properties

Glycemic Index:84.56, Glycemic Load:31.83, Inflammation Score:-10, Nutrition Score:47.748260580975%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 3.66mg, Luteolin: 3.66mg, Luteolin: 3.66mg, Luteolin: 3.66mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 753.5kcal (37.68%), Fat: 31.89g (49.06%), Saturated Fat: 7.32g (45.75%), Carbohydrates: 54.45g (18.15%), Net Carbohydrates: 44.7g (16.25%), Sugar: 4.65g (5.17%), Cholesterol: 182.89mg (60.96%), Sodium: 2174.89mg (94.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.5g (131.01%), Vitamin C: 110.03mg (133.37%), Vitamin B12: 7.72µg (128.59%), Vitamin B3: 20.51mg (102.56%), Selenium: 70.54µg (100.77%), Zinc: 11.93mg (79.54%), Phosphorus: 719.24mg (71.92%), Vitamin B6: 1.36mg (68.2%), Potassium: 2018.68mg (57.68%), Iron: 9.09mg (50.53%), Vitamin B2: 0.85mg (49.86%), Vitamin B1: 0.65mg (43.59%), Manganese: 0.8mg (39.79%), Fiber: 9.75g (39%), Magnesium: 152.38mg (38.1%), Copper: 0.71mg (35.53%), Vitamin B5: 3.02mg (30.24%), Folate: 119.99µg (30%), Vitamin E: 3.62mg (24.17%), Vitamin K: 18.9µg (18%), Calcium: 123.59mg (12.36%), Vitamin A: 485.06IU (9.7%)