



 **100%**
HEALTH SCORE

Grilled Boneless Leg of Lamb

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



3

CALORIES



1048 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 servings coarse salt
- 3 servings coarse salt and pepper black
- 1 teaspoon cumin seeds
- 1 bunch mint leaves fresh washed
- 6 cloves garlic crushed
- 1 small leg of lamb boneless for you
- 3 servings wedges lemon
- 0.5 cup olive oil extra-virgin for drizzling

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- 1.5 pounds very potatoes whole halved

Equipment

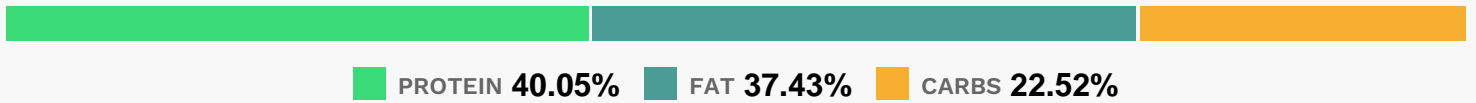
- food processor
- bowl
- baking sheet
- oven
- whisk
- baking pan
- grill
- aluminum foil
- grill pan

Directions

- Preheat a grill or grill pan.
- Place lamb on a shallow baking pan. Season both sides of the meat with salt and coarse black pepper. In a food processor, puree the garlic, mint, salt and pepper, then add the extra-virgin olive oil in a slow stream.
- Pour marinade over the lamb and rub into the meat.
- Place on grill and cook on 1 side for 10 minutes. Flip lamb, cover with aluminum foil and grill for another 10 minutes.
- Remove lamb from grill pan and let rest for 10 minutes for juices to redistribute. Slice and serve. Squeeze a wedge of lemon or grapefruit over the meat and enjoy. Reserve 1 pound of the meat for the next day's recipe, see below. Complete this menu with Baby Potatoes with Cumin and Watercress Salad with Lime Dressing.
- Set potatoes on a cookie sheet and drizzle them with just enough oil to lightly coat them, about 1 1/2 tablespoons. Toss potatoes with cumin seed and roast 20 minutes at 400 in a hot oven, then broil 5 minutes on high to brown edges of the cut potatoes. If you are making them with the above recipe for lamb, set the baking sheet with the potatoes in the oven along side the lamb on the same rack. Toss cooked potatoes with salt, to your taste, and serve.

- bunch watercress, trimmed and coarsely chopped
- sprigs fresh mint, chopped, 2 tablespoons
- A handful of flat-leaf parsley, chopped
- heart of romaine, coarsely chopped
- ripe lime, juiced
- teaspoon sugar
- tablespoons extra-virgin olive oil, eyeball it
- Coarse salt and pepper
- Combine watercress, mint, parsley and romaine in a small salad bowl.
- Combine lime juice and sugar in a small dressing bowl.
- Whisk oil into lime juice in a slow stream.
- Pour dressing over the salad and season with salt and pepper, to your taste.

Nutrition Facts



Properties

Glycemic Index:47.92, Glycemic Load:33.08, Inflammation Score:-10, Nutrition Score:56.421303832013%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 50.27mg, Naringenin: 50.27mg, Naringenin: 50.27mg, Naringenin: 50.27mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 1048.46kcal (52.42%), Fat: 43.28g (66.59%), Saturated Fat: 10.7g (66.88%), Carbohydrates: 58.58g (19.53%), Net Carbohydrates: 50.82g (18.48%), Sugar: 12.45g (13.84%), Cholesterol: 304.68mg (101.56%), Sodium: 699.33mg (30.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 104.2g (208.39%), Vitamin B12: 12.85µg (214.23%), Vitamin B3: 32.46mg (162.3%), Selenium: 113.6µg (162.28%), Zinc: 19.16mg (127.76%), Vitamin C: 95.07mg (115.24%), Phosphorus: 1089.29mg (108.93%), Vitamin B6: 1.64mg (81.95%), Vitamin B2: 1.32mg (77.81%), Potassium: 2582.41mg (73.78%), Iron: 11.29mg (62.73%), Vitamin B1: 0.93mg (62.1%), Magnesium: 199.58mg (49.89%), Copper:

0.92mg (46.12%), Vitamin B5: 4.54mg (45.43%), Folate: 167.57µg (41.89%), Vitamin A: 1841.18IU (36.82%),
Manganese: 0.63mg (31.72%), Fiber: 7.76g (31.02%), Vitamin E: 4.35mg (29%), Vitamin K: 17.21µg (16.39%), Calcium:
110.42mg (11.04%)