



Grilled Butterflied Leg Of Lamb With Fresh Mint-Pepper Jelly



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 6 servings safflower oil for oiling the grill
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup rosemary leaves dried fresh
- ☐ 8 garlic clove with the flat side of a knife blade smashed cut in half, lightly
- ☐ 1 cup jam your favorite
- ☐ 1 teaspoon kosher salt

- ☐ 4.5 pound leg of lamb trimmed
- ☐ 0.5 cup wine dry red
- ☐ 3 tablespoons olive oil
- ☐ 3 tablespoons red wine vinegar

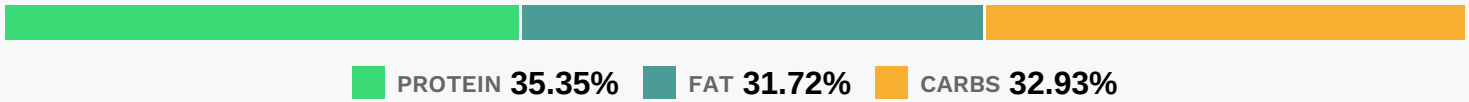
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Make about 8 small incisions on the fatty side of the lamb and insert a smashed garlic half and some rosemary into each slit. Rub the lamb on both sides with the olive oil, Marsala, remaining garlic and rosemary, mint, salt, and pepper Cover and refrigerate overnight or let stand 1 hour at cool room temperature.
- ☐ Brush the grill grates lightly with the safflower oil. Prepare a hot fire in a gas or charcoal grill.
- ☐ If the lamb has been in the refrigerator, bring it to room temperature.
- ☐ Remove the meat from the marinade and drain slightly, allowing some of the marinade to remain on the lamb for added flavor.
- ☐ When the fire is medium-hot (if using charcoal, the coals will be grey and slightly glowing), place the lamb on the grill and cook 15–20 minutes per side (depending on how hot the fire is), basting frequently with the remaining marinade. Move the lamb to the side of the grill away from the direct heat and continue to cook 10 to 15 minutes longer, turning once, or until the internal temperature registers 130 to 135 degrees for medium-rare and 140 to 145 degrees for medium
- ☐ Remove the lamb from the grill and let rest, lightly covered, on a carving board 10 minutes before slicing. Carve into 1/4-inch slices and serve immediately with Foster's Seven Pepper Jelly with Fresh Mint.
- ☐ Makes 1 1/2 cups jelly
- ☐ Combine the jelly with the mint, vinegar, and pepper in a bowl and whisk until all ingredients are blended. Refrigerate in an airtight container until ready to use or up to 1 week.
- ☐ Taste

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:21.54, Inflammation Score:-5, Nutrition Score:24.889565509299%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 530.19kcal (26.51%), Fat: 17.82g (27.42%), Saturated Fat: 4.54g (28.39%), Carbohydrates: 41.63g (13.88%), Net Carbohydrates: 40.53g (14.74%), Sugar: 27.53g (30.58%), Cholesterol: 137.17mg (45.72%), Sodium: 540.95mg (23.52%), Alcohol: 2.1g (100%), Alcohol %: 0.85% (100%), Protein: 44.69g (89.38%), Vitamin B12: 5.79µg (96.45%), Selenium: 52.08µg (74.41%), Vitamin B3: 13.45mg (67.23%), Zinc: 8.35mg (55.66%), Phosphorus: 433.77mg (43.38%), Vitamin B2: 0.59mg (34.74%), Iron: 4.53mg (25.14%), Vitamin B6: 0.43mg (21.62%), Vitamin B1: 0.32mg (21.29%), Potassium: 704.75mg (20.14%), Copper: 0.35mg (17.69%), Magnesium: 64.54mg (16.13%), Vitamin B5: 1.6mg (15.98%), Folate: 59.07µg (14.77%), Vitamin E: 1.9mg (12.63%), Manganese: 0.22mg (11.04%), Vitamin C: 7.11mg (8.62%), Vitamin K: 4.9µg (4.67%), Fiber: 1.1g (4.4%), Calcium: 41.79mg (4.18%), Vitamin A: 114.73IU (2.29%)