



Grilled Butterflied Leg of Lamb with Lemon, Herbs, and Garlic

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon coarse salt
- 2 tablespoons parsley fresh chopped
- 2 tablespoons rosemary leaves fresh chopped
- 3 tablespoons thyme sprigs fresh chopped
- 8 garlic clove
- 4 pounds leg of lamb boneless trimmed

- 1 optional: lemon
- 3 tablespoons olive oil

Equipment

- bowl
- oven
- knife
- roasting pan
- grill
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Finely chop garlic and in a small bowl stir together with remaining herb-rub ingredients.
- Put lamb in a large dish and with tip of a sharp small knife held at a 45-degree angle cut 1/2-inch-deep slits all over lamb, rubbing herb mixture into slits and all over lamb. Marinate lamb at room temperature 1 hour.
- Prepare grill.
- Lightly pat lamb dry. On a lightly oiled rack set 5 to 6 inches over glowing coals grill lamb about 10 minutes on each side, or until an instant-read thermometer horizontally inserted into thickest part of meat registers 125°F for medium-rare. (Alternatively, roast lamb in a roasting pan in middle of a 425°F oven about 25 minutes, or until an instant-read thermometer horizontally inserted into meat registers 125°F for medium-rare.)
- Transfer lamb to a cutting board. Halve and seed lemon. Squeeze juice over lamb and let stand, loosely covered with foil, 15 minutes.
- Cut lamb into slices and serve with any juices that have accumulated on cutting board.

Nutrition Facts

PROTEIN 50.13% **FAT 44.61%** **CARBS 5.26%**

Properties

Glycemic Index:20.56, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:17.928260865419%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 241.66kcal (12.08%), Fat: 11.83g (18.21%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.38g (0.42%), Cholesterol: 91.44mg (30.48%), Sodium: 962.48mg (41.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.92g (59.84%), Vitamin B12: 3.86µg (64.3%), Selenium: 34.07µg (48.67%), Vitamin B3: 9mg (45.01%), Zinc: 5.6mg (37.31%), Phosphorus: 286.4mg (28.64%), Vitamin B2: 0.38mg (22.21%), Vitamin K: 19.82µg (18.87%), Iron: 3.33mg (18.53%), Vitamin C: 13.73mg (16.65%), Vitamin B6: 0.3mg (15.15%), Vitamin B1: 0.21mg (14.26%), Potassium: 470.35mg (13.44%), Magnesium: 45.8mg (11.45%), Vitamin B5: 1.09mg (10.93%), Copper: 0.21mg (10.69%), Folate: 37.71µg (9.43%), Manganese: 0.16mg (7.91%), Vitamin E: 1.1mg (7.35%), Vitamin A: 227.5IU (4.55%), Fiber: 0.94g (3.77%), Calcium: 32.26mg (3.23%)