

 **96%**
HEALTH SCORE

Grilled Lamb Sandwiches with Grilled Green Onions

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings garlic aioli
- ☐ 10 servings bell pepper red
- ☐ 1 tablespoon savoury dried
- ☐ 2 bread
- ☐ 1 tablespoon rosemary leaves fresh minced
- ☐ 2 tablespoons thyme sprigs fresh minced
- ☐ 6 garlic clove thinly sliced

- ☐ 5 bunches spring onion trimmed
- ☐ 4.5 pound leg of lamb trimmed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1.5 cups frangelico
- ☐ 1.5 cups frangelico

Equipment

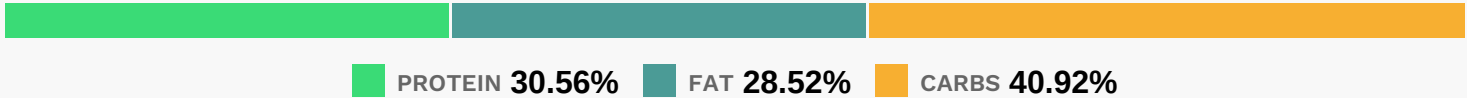
- ☐ bowl
- ☐ knife
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Using sharp knife, cut 1/2-inch slits all over lamb. Insert garlic slices into slits.
- ☐ Sprinkle lamb with salt and pepper, then herbs, pressing herbs to adhere. (Can be prepared 1 day ahead. Cover and chill.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Place green onions in large roasting pan.
- ☐ Drizzle 1/4 cup oil over onions; toss to coat.
- ☐ Sprinkle with salt and pepper.
- ☐ Cut baguette pieces horizontally in half.
- ☐ Brush cut sides of bread with remaining 3 tablespoons oil.
- ☐ Grill lamb until meat thermometer inserted into thickest part registers 135°F. for medium-rare, turning occasionally, about 30 minutes.
- ☐ Transfer to platter and tent with foil.

- ☐ Let stand 10 minutes. Working in batches, arrange green onions in single layer on grill. Grill until beginning to brown, about 4 minutes per side.
- ☐ Transfer to cutting board. Grill baguettes, cut side down, until golden brown, about 2 minutes.
- ☐ Chop onions.
- ☐ Place in bowl.
- ☐ Cut lamb diagonally into thin slices.
- ☐ Serve with green onions, baguette pieces, Aioli, Red Bell Pepper Sauce and tapenade.

Nutrition Facts



Properties

Glycemic Index:21.95, Glycemic Load:33.36, Inflammation Score:-10, Nutrition Score:34.736956845159%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 476.71kcal (23.84%), Fat: 15.04g (23.14%), Saturated Fat: 3.57g (22.34%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 44.55g (16.2%), Sugar: 7.12g (7.91%), Cholesterol: 83.63mg (27.88%), Sodium: 604.2mg (26.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.25g (72.5%), Vitamin C: 100.56mg (121.89%), Selenium: 53.51µg (76.44%), Vitamin B3: 12.71mg (63.54%), Vitamin B12: 3.47µg (57.87%), Vitamin B1: 0.8mg (53.33%), Vitamin A: 2535.02IU (50.7%), Vitamin B2: 0.74mg (43.82%), Folate: 170.83µg (42.71%), Zinc: 6.06mg (40.4%), Phosphorus: 360.65mg (36.06%), Iron: 6.36mg (35.34%), Manganese: 0.62mg (31.05%), Vitamin K: 32.33µg (30.79%), Vitamin B6: 0.56mg (27.99%), Potassium: 674.79mg (19.28%), Magnesium: 75.29mg (18.82%), Vitamin E: 2.47mg (16.49%), Copper: 0.32mg (16.09%), Fiber: 3.99g (15.96%), Vitamin B5: 1.46mg (14.56%), Calcium: 77.05mg (7.71%)