



Grilled Lamb with Anchoiade Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 fillet anchovy canned
- ☐ 0.3 cup olive oil extravirgin
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon rosemary fresh finely chopped
- ☐ 2 garlic cloves thinly sliced
- ☐ 3 pound rolled leg of lamb boneless trimmed

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt

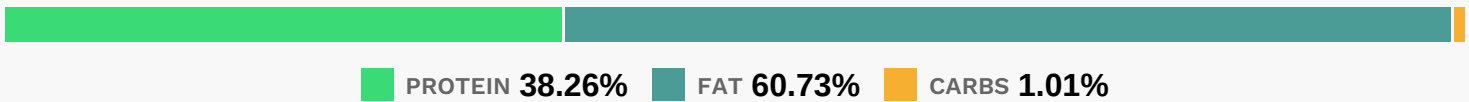
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ To prepare lamb, combine the first 4 ingredients in a large zip-top plastic bag.
- ☐ Add lamb to bag; seal. Marinate in refrigerator for 12 hours, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove lamb from bag; discard marinade.
- ☐ Sprinkle lamb with salt and pepper.
- ☐ Place on a grill rack coated with cooking spray; grill 30 minutes, turning to cook all sides, or until a thermometer registers 145 (medium rare).
- ☐ Remove from grill, and let stand 20 minutes before slicing.
- ☐ To prepare dressing, combine 1 tablespoon rosemary, 1 1/2 tablespoons juice, 1 tablespoon oil, and anchovies in a small bowl, stirring well with a whisk.
- ☐ Serve with lamb.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:9.6256521488337%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 188.22kcal (9.41%), Fat: 12.52g (19.26%), Saturated Fat: 2.58g (16.16%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.06g (0.07%), Cholesterol: 55.04mg (18.35%), Sodium: 119.04mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.75g (35.5%), Vitamin B12: 2.32µg (38.61%), Selenium: 20.37µg (29.1%), Vitamin B3: 5.39mg (26.96%), Zinc: 3.31mg (22.06%), Phosphorus: 167.4mg (16.74%), Vitamin B2: 0.22mg (12.75%), Vitamin E: 1.44mg (9.59%), Iron: 1.66mg (9.23%), Vitamin B1: 0.12mg (8.14%), Vitamin B6: 0.16mg (7.81%), Potassium: 257mg (7.34%), Vitamin B5: 0.63mg (6.3%), Magnesium: 24.02mg (6.01%), Copper: 0.11mg (5.64%), Folate: 20.66µg (5.16%), Vitamin K: 5.29µg (5.04%), Manganese: 0.04mg (2.07%), Vitamin C: 1.15mg (1.39%)