



Grilled Lamb with Garlic and Rosemary

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



16

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 cups cooking wine dry red
- ☐ 4 cloves garlic thinly sliced
- ☐ 5 lb leg of lamb
- ☐ 1 ounces rosemary sprigs for garnish
- ☐ 1 tablespoon soya sauce

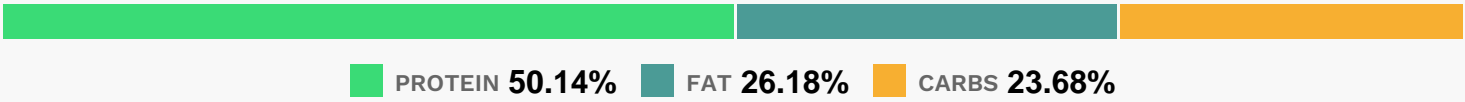
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Trim off and discard any surface fat on meat.
- ☐ Lay lamb boned side up. With a small sharp knife, make small slashes (1 inch long, 1/2 inch deep) all over meat surface.
- ☐ Cut the rosemary sprigs into 1-inch pieces. Tuck a rosemary piece and garlic slice evenly into each slash.
- ☐ In a deep noncorrodible bowl or 2-gallon heavy-plastic food bag, mix wine, sugar, soy sauce, and mustard.
- ☐ Add lamb, and turn to coat evenly, being careful that garlic and rosemary remain in slashes. Cover or seal, and chill, turning occasionally, at least 2 hours or up to 1 day.
- ☐ To prepare barbecue, ignite 60 charcoal briquets in a barbecue with a lid. When the coals are mostly covered with gray ash (about 30 minutes), push equal portions to opposite sides of the firegrate; place a drip pan in the center. To maintain temperature, add 6 briquets to each side. (Or turn gas barbecue on high, and heat, covered, for 10 minutes, then adjust for indirect cooking.)
- ☐ Place a lightly oiled grill 5 to 6 inches above the coals.
- ☐ Lay lamb on grill; reserve marinade.
- ☐ Brush meat with half the reserved marinade.
- ☐ Cover barbecue (open vents for charcoal). Cook until a thermometer inserted into the thickest part of meat registers 140, about 40 minutes.
- ☐ Brush halfway through with remaining marinade.
- ☐ Transfer meat to a carving board.
- ☐ Garnish with additional rosemary sprigs.
- ☐ Cut into thin slices to serve.

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:10.268260744522%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 167.33kcal (8.37%), Fat: 4.33g (6.67%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 8.01g (2.91%), Sugar: 6.71g (7.45%), Cholesterol: 57.15mg (19.05%), Sodium: 131.46mg (5.72%), Alcohol: 2.36g (100%), Alcohol %: 2.43% (100%), Protein: 18.68g (37.35%), Vitamin B12: 2.41µg (40.19%), Selenium: 21.58µg (30.83%), Vitamin B3: 5.64mg (28.22%), Zinc: 3.51mg (23.39%), Phosphorus: 177.49mg (17.75%), Vitamin B2: 0.23mg (13.76%), Iron: 2.25mg (12.48%), Vitamin B6: 0.2mg (9.88%), Vitamin B1: 0.14mg (9.2%), Potassium: 290.94mg (8.31%), Magnesium: 29.72mg (7.43%), Vitamin B5: 0.66mg (6.64%), Folate: 26.34µg (6.58%), Copper: 0.13mg (6.5%), Manganese: 0.08mg (4.05%), Calcium: 35.92mg (3.59%), Fiber: 0.82g (3.28%), Vitamin C: 1.32mg (1.6%), Vitamin E: 0.2mg (1.34%), Vitamin A: 56.16IU (1.12%)