



Grilled Leg of Lamb

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons dijon mustard
- 2 teaspoons rosemary dried crushed
- 1 teaspoon thyme leaves dried
- 3 tablespoons garlic minced
- 6 pound leg of lamb boneless trimmed
- 0.3 cup juice of lemon
- 1 teaspoon oregano dried
- 8 servings garnish: rosemary sprigs fresh

- 1 teaspoon salt
- 2 tablespoons soya sauce

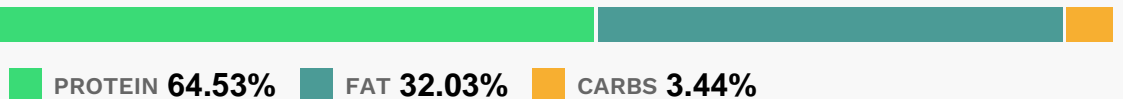
Equipment

- frying pan
- grill
- kitchen thermometer
- ziploc bags

Directions

- Combine first 8 ingredients in a large heavy-duty zip-top plastic bag; add lamb. Seal and chill 8 hours, turning occasionally.
- Prepare fire by piling charcoal or lava rocks on each side of grill, leaving center empty.
- Place a drip pan between coals. Coat food rack with cooking spray, and place on grill.
- Remove lamb from marinade, discarding marinade; place lamb on food rack over drip pan.
- Grill, covered with grill lid, 2 hours or until a meat thermometer inserted into thickest portion registers 14
- Remove from heat; cover and let stand 20 minutes or until meat thermometer registers 150 (medium-rare).
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:23.676521709432%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 288.03kcal (14.4%), Fat: 9.93g (15.28%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 1.83g (0.67%), Sugar: 0.39g (0.43%), Cholesterol: 137.17mg (45.72%), Sodium: 737.59mg (32.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.03g (90.07%), Vitamin B12: 5.79µg (96.45%), Selenium: 52.77µg (75.39%), Vitamin B3: 13.61mg (68.04%), Zinc: 8.34mg (55.62%), Phosphorus: 431.48mg (43.15%), Vitamin B2: 0.55mg (32.54%), Iron: 4.44mg (24.67%), Vitamin B1: 0.32mg (21.53%), Vitamin B6: 0.42mg (21.17%), Potassium: 662.67mg (18.93%), Magnesium: 64.81mg (16.2%), Vitamin B5: 1.61mg (16.07%), Copper: 0.29mg (14.7%), Folate: 53.43µg (13.36%), Manganese: 0.17mg (8.69%), Vitamin C: 4.05mg (4.91%), Vitamin E: 0.56mg (3.73%), Vitamin K: 3.83µg (3.65%), Calcium: 31.33mg (3.13%), Fiber: 0.57g (2.28%)