



Grilled Leg of Lamb with Ancho Chile Marinade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons ancho chili powder
- ☐ 2.5 teaspoons pepper black freshly ground
- ☐ 2.5 teaspoons kosher salt
- ☐ 1 tablespoon t brown sugar dark packed ()
- ☐ 0.5 cup wine dry white
- ☐ 8 garlic clove peeled
- ☐ 2 spring onion divided

- ☐ 4.5 pound leg of lamb boneless trimmed ()
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 tablespoons oregano fresh divided

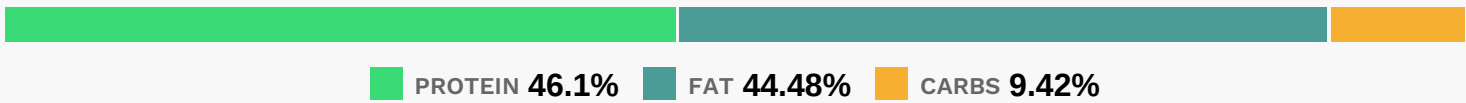
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine wine, oil, garlic, 3 tablespoonsoregano, ancho chile powder, lemon juice,1 green onion, sugar, salt, and pepperin blender. Blend mixture until smooth.
- ☐ Transfer marinade to 13 x 9 x 2-inch glassbaking dish.
- ☐ Add lamb and turn to coatevenly. Cover dish tightly with plastic wrapand refrigerate overnight.
- ☐ Prepare barbecue (medium heat). Grill lamb with some of marinade still clingingto surface until lamb is cooked to desireddoneness, 15 to 16 minutes per side formedium-rare (130°F).
- ☐ Transfer lamb tocarving board.
- ☐ Let lamb rest 15 minutes.
- ☐ Meanwhile, finely chop remaininggreen onion and 1 tablespoon oreganoleaves; combine in small bowl.
- ☐ Thinly slice lamb across grain. Arrangelamb slices on platter.
- ☐ Pour over anyaccumulated juices.
- ☐ Sprinkle with onion-oreganomixture and serve.
- ☐ * Available in the spice section of manysupermarkets and at Latin markets.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.49, Inflammation Score:-10, Nutrition Score:22.734347820282%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 306.33kcal (15.32%), Fat: 14.58g (22.44%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 4.53g (1.65%), Sugar: 2.12g (2.35%), Cholesterol: 102.87mg (34.29%), Sodium: 878.65mg (38.2%), Alcohol: 1.54g (100%), Alcohol %: 0.97% (100%), Protein: 34.01g (68.03%), Vitamin B12: 4.34µg (72.33%), Selenium: 39.01µg (55.73%), Vitamin B3: 10.54mg (52.72%), Zinc: 6.44mg (42.97%), Phosphorus: 332.68mg (33.27%), Vitamin K: 30.12µg (28.69%), Vitamin B2: 0.45mg (26.64%), Iron: 4.62mg (25.66%), Vitamin B6: 0.41mg (20.64%), Vitamin E: 2.96mg (19.72%), Vitamin A: 965.85IU (19.32%), Manganese: 0.37mg (18.49%), Potassium: 599.89mg (17.14%), Vitamin B1: 0.25mg (16.46%), Magnesium: 58.92mg (14.73%), Copper: 0.27mg (13.53%), Vitamin B5: 1.25mg (12.5%), Folate: 46.77µg (11.69%), Fiber: 2.42g (9.67%), Calcium: 73.17mg (7.32%), Vitamin C: 3.03mg (3.67%)