



Grilled Leg of Lamb with Curly Endive and Romaine



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons balsamic vinegar
- ☐ 2 heads salad leaves curly endive with some core left intact quartered
- ☐ 1.5 cups wine dry red
- ☐ 6 tablespoons mint leaves fresh chopped
- ☐ 1.5 tablespoons rosemary leaves fresh chopped
- ☐ 6 large garlic clove pressed
- ☐ 1 teaspoon pepper black

- ☐ 3 baby greens with some core left intact halved lengthwise
- ☐ 6.5 pound leg of lamb (5 pounds butterflied)
- ☐ 6 tablespoons olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1.5 teaspoons salt

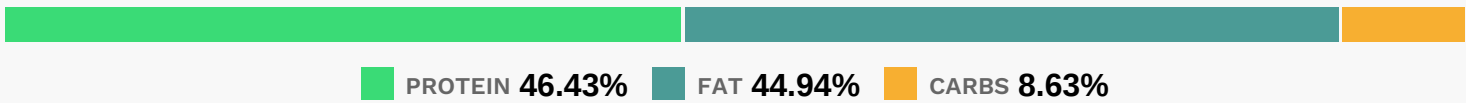
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ glass baking pan

Directions

- ☐ Whisk first 9 ingredients in medium bowl.
- ☐ Place lamb in 15x10x2-inch glass baking dish.
- ☐ Pour 1 1/2 cups marinade over, turning to coat. Cover. Chill 4 to 6 hours, turning occasionally. Reserve remaining marinade for endive and romaine; cover and chill.
- ☐ Spray grill with vegetable oil spray. Prepare barbecue (medium heat).
- ☐ Remove lamb from marinade, reserving marinade in dish. Grill until thermometer inserted into thickest part registers 125°F for medium-rare, basting often with reserved marinade and turning occasionally, about 30 minutes.
- ☐ Let stand 10 minutes.
- ☐ Brush endive and romaine with marinade from bowl; sprinkle with salt and pepper. Grill until wilted, 8 minutes. Slice lamb; serve with endive and romaine.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:49.750000124392%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 622.5kcal (31.12%), Fat: 28.5g (43.84%), Saturated Fat: 7.04g (44%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 7.14g (2.6%), Sugar: 3.66g (4.06%), Cholesterol: 198.13mg (66.04%), Sodium: 818.15mg (35.57%), Alcohol: 6.3g (100%), Alcohol %: 1.47% (100%), Protein: 66.25g (132.5%), Vitamin K: 296.31µg (282.2%), Vitamin A: 9471.25IU (189.42%), Vitamin B12: 8.36µg (139.31%), Selenium: 73.68µg (105.26%), Vitamin B3: 19.99mg (99.97%), Zinc: 12.47mg (83.13%), Phosphorus: 663.21mg (66.32%), Folate: 239.28µg (59.82%), Vitamin B2: 0.91mg (53.5%), Iron: 7.74mg (42.98%), Potassium: 1427.56mg (40.79%), Vitamin B1: 0.53mg (35.43%), Manganese: 0.71mg (35.27%), Vitamin B6: 0.7mg (35.11%), Copper: 0.68mg (34.03%), Vitamin B5: 3.23mg (32.33%), Magnesium: 124.06mg (31.01%), Vitamin E: 4.63mg (30.87%), Vitamin C: 22.99mg (27.87%), Fiber: 5.17g (20.69%), Calcium: 151.32mg (15.13%)