



WHATSheATE



HEALTH SCORE

61%

Grilled Leg of Lamb with Mango and Mint sauce



Very Healthy

READY IN



665 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings pepper black freshly ground



1 hawaiian chili pepper finely minced Thai



2 ounces cooking wine dry white good



4 servings feta cheese



1 tablespoon ginger fresh grated



2 tablespoons mint leaves fresh chopped



2 tablespoons rosemary leaves fresh plus more for inserting in meat coarsely chopped

- ☐ 2 tablespoons garlic minced
- ☐ 1 cloves garlic peeled
- ☐ 3 tablespoons granulated sugar
- ☐ 4 servings ground pepper fresh black
- ☐ 2 tablespoons lavender leaves chopped
- ☐ 2 pounds leg of lamb boneless
- ☐ 1 slices mango grilled
- ☐ 3 ounces pear puree
- ☐ 4 servings mint sprigs
- ☐ 4 ounces olive oil
- ☐ 4 ounces onion sliced
- ☐ 1 cranberry-orange relish with potato peeler peeled
- ☐ 1 tablespoon cracked pepper black
- ☐ 3 tablespoons pineapple juice
- ☐ 3 ounces red wine good
- ☐ 2 ounces rice wine vinegar
- ☐ 4 servings hawaiian sea salt
- ☐ 4 star anise buds
- ☐ 2 ounces veal stock
- ☐ 4 servings vegetable
- ☐ 3 tablespoons worcestershire sauce

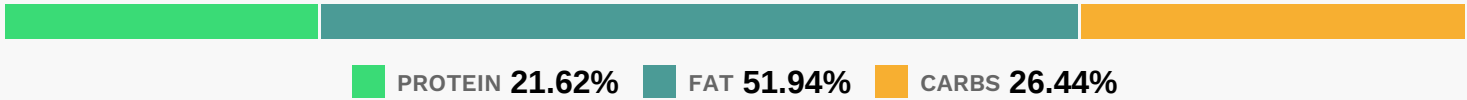
Equipment

- ☐ pot
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Mix all marinade ingredients together and pour over lamb. Cover and marinate overnight in the refrigerator.
- ☐ Remove lamb from marinade. Stud with garlic cloves and rosemary leaves.
- ☐ Season with Hawaiian sea salt and freshly ground black pepper. Grill to medium-rare, (130 degrees F internal temperature registers on an instant-read thermometer), over kiawe wood coals.
- ☐ Let rest 10 minutes before slicing.
- ☐ In a small saucepot add the vinegar and sugar. Cook over medium heat until the sugar dissolves and begins to turn light brown.
- ☐ Add wine and cook down, reducing by half.
- ☐ Add the remaining ingredients and half the mint. Simmer 10 minutes to let flavors marry. Adjust seasonings with salt and pepper. Stir in remaining mint just before serving.
- ☐ Slice the lamb thinly across the grain. On a platter, fan the lamb over grilled vegetables and grilled mango. Top the lamb with some of the sauce.
- ☐ Garnish with crumbled Feta cheese and mint sprigs.

Nutrition Facts



Properties

Glycemic Index:175.84, Glycemic Load:21.24, Inflammation Score:-10, Nutrition Score:38.882608862027%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Quercetin: 6.44mg, Quercetin: 6.44mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 749.06kcal (37.45%), Fat: 42.4g (65.23%), Saturated Fat: 10.42g (65.14%), Carbohydrates: 48.56g (16.19%), Net Carbohydrates: 41.6g (15.13%), Sugar: 16.98g (18.87%), Cholesterol: 118.14mg (39.38%), Sodium: 872.12mg (37.92%), Alcohol: 3.71g (100%), Alcohol %: 0.9% (100%), Protein: 39.71g (79.42%), Vitamin A: 5313.39IU (106.27%), Vitamin B12: 4.36µg (72.75%), Vitamin C: 52.84mg (64.05%), Vitamin B3: 11.68mg (58.4%), Selenium: 40.18µg (57.39%), Phosphorus: 516.09mg (51.61%), Zinc: 7.3mg (48.69%), Vitamin B2: 0.8mg (46.77%), Manganese: 0.9mg (45.07%), Vitamin B6: 0.85mg (42.52%), Iron: 6.36mg (35.32%), Potassium: 1233mg (35.23%), Vitamin E: 4.77mg (31.82%), Vitamin B1: 0.47mg (31.15%), Fiber: 6.96g (27.84%), Calcium: 267.68mg (26.77%), Magnesium: 104.31mg (26.08%), Folate: 104.08µg (26.02%), Copper: 0.49mg (24.52%), Vitamin K: 24.39µg (23.23%), Vitamin B5: 1.83mg (18.27%)