



WHATSheATE



Grilled Leg of Lamb with Rosemary, Garlic, and Mustard



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons rosemary fresh finely chopped
- ☐ 8 garlic cloves divided peeled
- ☐ 1 well-trimmed 6-pound leg of lamb boneless
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 sprigs rosemary and parsley sprigs fresh italian

☐ 0.5 cup grain dijon mustard whole

Equipment

☐ knife

☐ grill

Directions

☐ Open lamb like book on work surface. Using tip of small knife, make 1/2-inch-deep slits all over lamb. Thinly slice 4 garlic cloves. Insert garlic slices into slits in lamb.

☐ Combine remaining 4 garlic cloves, mustard, olive oil, white wine, rosemary, and lemon juice in processor. Blend until coarse puree forms.

☐ Spread underside of lamb with half of puree.

☐ Place lamb, seasoned side down, in 15 x 10 x 2-inch glass baking dish.

☐ Spread remaining puree over top of lamb. Cover lamb with plastic wrap and chill overnight.

☐ Let lamb stand at room temperature 2 hours. Coat grill rack with nonstick spray and prepare barbecue (medium-high heat).

☐ Sprinkle lamb generously with salt and pepper on both sides. Grill lamb to desired doneness, about 17 minutes per side for medium-rare.

☐ Transfer lamb to cutting board; let rest 10 to 20 minutes.

☐ Thinly slice lamb against grain. Overlap slices on platter.

☐ Sprinkle with salt and pepper.

☐ Garnish with fresh herb sprigs.

☐ Syrah would be delicious with the grilled lamb.

☐ Mix things up by skipping California and Australian Syrahs and going with an Italian Syrah instead. One to try: the velvety, full-bodied 2006 Villa Pillo Syrah Toscana (\$16, Italy).

☐ Start with a boneless 7-pound leg of lamb. When all fat and sinew are trimmed, it will weigh about 6 pounds.

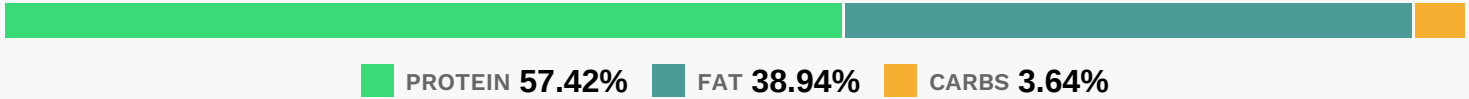
☐ Per serving: 399.4 kcal calories,

☐ 5 % calories from fat, 25.1 g fat,

☐ 9 g saturated fat,

- ☐ 0 mg cholesterol,
- ☐ 0 g carbohydrates,
- ☐ 1 g total sugars,
- ☐ 9 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:13.577391432679%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 182.68kcal (9.13%), Fat: 7.55g (11.62%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.28g (0.31%), Cholesterol: 76.17mg (25.39%), Sodium: 188.7mg (8.2%), Alcohol: 0.51g (100%), Alcohol %: 0.44% (100%), Protein: 25.06g (50.13%), Vitamin B12: 3.21µg (53.56%), Selenium: 31.79µg (45.41%), Vitamin B3: 7.5mg (37.49%), Zinc: 4.67mg (31.14%), Phosphorus: 245.34mg (24.53%), Vitamin B2: 0.31mg (18.14%), Iron: 2.42mg (13.43%), Vitamin B1: 0.19mg (12.75%), Vitamin B6: 0.24mg (11.96%), Potassium: 376.37mg (10.75%), Magnesium: 38.61mg (9.65%), Vitamin B5: 0.91mg (9.09%), Copper: 0.17mg (8.27%), Folate: 29.2µg (7.3%), Manganese: 0.11mg (5.74%), Vitamin E: 0.56mg (3.76%), Vitamin K: 2.66µg (2.53%), Vitamin C: 1.82mg (2.2%), Fiber: 0.55g (2.18%), Calcium: 19.09mg (1.91%)