



Grilled Leg of Lamb with Rosemary Salt

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 7 garlic cloves thinly sliced
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 1.5 tablespoons kosher salt
- ☐ 5.5 lb butterflied leg of lamb boneless
- ☐ 1 tablespoon maldon sea salt
- ☐ 1.5 cups whole-milk yogurt plain

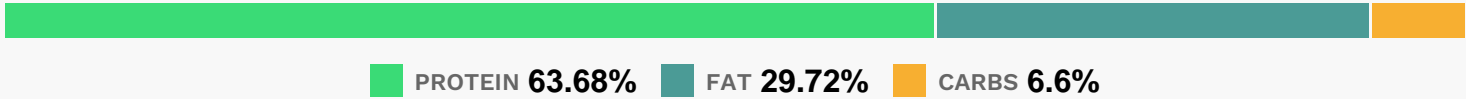
Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ skewers
- ☐ grill pan
- ☐ cutting board
- ☐ glass baking pan

Directions

- ☐ Stir together yogurt, garlic, rosemary, and pepper in a 13- by 9-inch glass baking dish or 2-gallon sealable plastic bag.
- ☐ Add lamb, turning to coat completely, and marinate, covered and chilled, turning over once or twice, 5 hours.
- ☐ Bring lamb to room temperature, about 1 hour.
- ☐ Remove lamb from marinade, discarding marinade, and put on a work surface. Run skewers horizontally through meat, about 1 1/2 inches apart, first lengthwise (4 or 5 skewers), then crosswise (4 or 5 more) to form a grid. (Skewering makes meat easier to move and turn over.)
- ☐ Sprinkle with kosher salt.
- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce to moderate.
- ☐ Grill lamb, covered only if using a gas grill, on lightly oiled grill rack, turning occasionally, until thermometer inserted diagonally into thickest part of meat registers 125°F for medium-rare (thinner parts will register higher), 25 to 30 minutes if using charcoal or 20 to 25 minutes if using gas.
- ☐ Transfer lamb to a cutting board and let stand 10 minutes before thinly slicing.
- ☐ Stir together rosemary and sea salt and serve with lamb.
- ☐ If you aren't able to grill outdoors, you can cook lamb in a well-seasoned double-burner grill pan. Omit skewering and cut lamb into 3 or 4 pieces to fit in pan, then grill over moderately high heat, turning over once, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:29.040000025021%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 375.25kcal (18.76%), Fat: 11.95g (18.38%), Saturated Fat: 4.29g (26.84%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 5.85g (2.13%), Sugar: 4.74g (5.27%), Cholesterol: 168.87mg (56.29%), Sodium: 3117.05mg (135.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.61g (115.21%), Vitamin B12: 7.45µg (124.1%), Selenium: 64.28µg (91.82%), Vitamin B3: 16.42mg (82.11%), Zinc: 10.7mg (71.35%), Phosphorus: 607.35mg (60.74%), Vitamin B2: 0.8mg (47.2%), Iron: 4.92mg (27.36%), Vitamin B1: 0.4mg (26.89%), Potassium: 930.18mg (26.58%), Vitamin B6: 0.52mg (26.09%), Vitamin B5: 2.3mg (23.02%), Magnesium: 83.61mg (20.9%), Copper: 0.35mg (17.71%), Folate: 67.75µg (16.94%), Calcium: 146.53mg (14.65%), Manganese: 0.15mg (7.67%), Vitamin E: 0.58mg (3.87%), Vitamin C: 1.65mg (2%)