



## Grilled Leg of Lamb with Spiced Mustard and Rosemary



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.5 cup apple juice frozen thawed
- ☐ 8 servings kosher salt
- ☐ 1 tablespoon ground mustard dry
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cloves

- ☐ 5 pound leg of lamb boneless trimmed
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup spicy brown mustard (such as Gulden's)

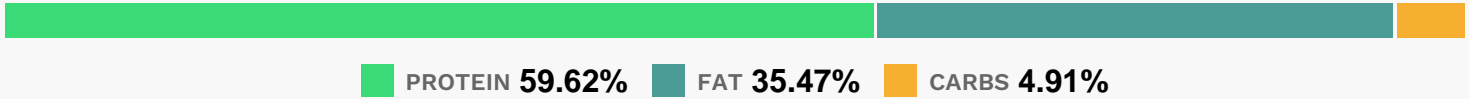
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ glass baking pan

## Directions

- ☐ Combine first 3 ingredients in small bowl. Gradually whisk in vinegar.
- ☐ Let stand 15 minutes.
- ☐ Whisk in apple juice concentrate, brown mustard, rosemary, and oil. Season marinade to taste with coarse salt and pepper.
- ☐ Place lamb, boned side up, in 15x10x2-inch glass baking dish.
- ☐ Sprinkle with salt and pepper.
- ☐ Spread 1/3 cup marinade over top to coat. Turn over.
- ☐ Sprinkle with salt and pepper.
- ☐ Spread remaining marinade over lamb. Cover dish with plastic wrap; chill overnight.
- ☐ Spray grill rack with nonstick spray. Prepare barbecue (medium heat).
- ☐ Place lamb on grill with marinade still clinging (reserve dish with marinade). Grill 15 minutes. Turn lamb over. Grill 15 minutes, brushing with marinade from reserved dish. Turn lamb over again and grill until thermometer inserted into thickest part registers 130°F for medium-rare, brushing often with any remaining marinade, about 5 minutes longer per side.
- ☐ Transfer lamb to platter. Cover loosely with foil; let rest 15 minutes. Slice lamb thinly; arrange on platter and serve.

# Nutrition Facts



## Properties

Glycemic Index:14.72, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:20.319565389467%

## Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 260.19kcal (13.01%), Fat: 9.96g (15.32%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.78g (1.98%), Cholesterol: 114.31mg (38.1%), Sodium: 476.84mg (20.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.66g (75.33%), Vitamin B12: 4.82µg (80.37%), Selenium: 49.11µg (70.15%), Vitamin B3: 11.27mg (56.36%), Zinc: 7.04mg (46.92%), Phosphorus: 370.66mg (37.07%), Vitamin B2: 0.46mg (27.22%), Iron: 3.67mg (20.37%), Vitamin B1: 0.29mg (19.36%), Potassium: 568.14mg (16.23%), Vitamin B6: 0.32mg (16.11%), Magnesium: 60.77mg (15.19%), Vitamin B5: 1.35mg (13.5%), Manganese: 0.26mg (12.79%), Copper: 0.25mg (12.31%), Folate: 43.87µg (10.97%), Vitamin E: 0.64mg (4.29%), Fiber: 0.93g (3.73%), Calcium: 26.49mg (2.65%)