



Grilled Leg of Lamb with Thyme and Allspice



Gluten Free



Dairy Free

READY IN



840 min.

SERVINGS



8

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 5 teaspoons thyme leaves fresh minced
- ☐ 4 large garlic cloves
- ☐ 0.5 teaspoon ground allspice
- ☐ 6.5 lb leg of lamb bone-in trimmed thin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 2 tablespoons olive oil

☐ 1.5 teaspoons salt

Equipment

☐ oven

☐ knife

☐ roasting pan

☐ grill

☐ kitchen thermometer

☐ cutting board

Directions

☐ Mince garlic, then mash to a paste with salt. Stir together garlic paste, oil, lemon zest and juice, thyme, pepper, and allspice. Put lamb, fat side up, in a large ceramic or glass dish. Using a paring knife, make 1 1/2-inch-long slits (about 2 inches deep) 2 inches apart all over leg. Reserve 1 teaspoon thyme mixture and push remainder into slits, then rub all over with reserved teaspoon of mixture. Marinate lamb, covered and chilled, 12 hours.

☐ Let lamb stand at room temperature 30 minutes before grilling.

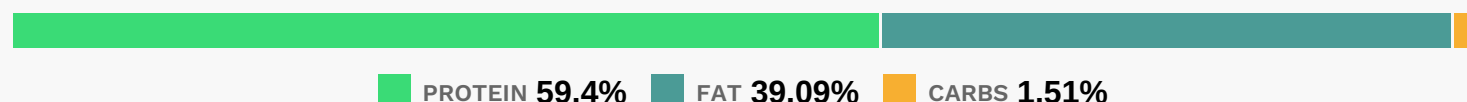
☐ Prepare grill for indirect-heat cooking over medium-hot charcoal (high heat for gas). If using a gas grill, preheat all burners on high, covered, 10 minutes, then turn off all burners except burner closest to you.

☐ Oil grill rack, then grill lamb over area with no coals (or over turned-off burner or burners), covered, without turning, until thermometer inserted into thickest part of roast (almost to the bone but not touching it) registers 125°F for medium-rare, 1 1/4 to 1 1/2 hours (temperatures in thinner parts of leg may register up to 160°F). To maintain medium-hot charcoal, add more charcoal (about 2 cups) every 15 minutes.

☐ Let lamb stand on a cutting board, uncovered, 30 minutes.

☐ If you aren't able to grill outdoors, lamb can be roasted on a rack set in a large (17- by 11-inch) roasting pan in a 375°F oven, 1 1/4 to 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.24, Inflammation Score:-8, Nutrition Score:24.623043563055%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 333.12kcal (16.66%), Fat: 14.02g (21.58%), Saturated Fat: 4.24g (26.47%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.07g (0.08%), Cholesterol: 148.6mg (49.53%), Sodium: 580.6mg (25.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.95g (95.89%), Vitamin B12: 6.27µg (104.48%), Selenium: 54.8µg (78.28%), Vitamin B3: 14.51mg (72.54%), Zinc: 8.96mg (59.75%), Phosphorus: 452.45mg (45.24%), Vitamin B2: 0.59mg (34.65%), Iron: 4.53mg (25.16%), Vitamin B1: 0.33mg (21.98%), Vitamin B6: 0.42mg (21%), Potassium: 691.72mg (19.76%), Vitamin B5: 1.69mg (16.93%), Magnesium: 65.82mg (16.46%), Copper: 0.31mg (15.44%), Folate: 54.5µg (13.63%), Manganese: 0.14mg (6.96%), Vitamin E: 1.02mg (6.81%), Vitamin C: 3.57mg (4.32%), Calcium: 24.39mg (2.44%), Vitamin K: 2.54µg (2.42%), Fiber: 0.33g (1.32%), Vitamin A: 61.8IU (1.24%)