



Grilled Marinated Leg of Lamb



Gluten Free



Dairy Free

READY IN



600 min.

SERVINGS



8

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 4 garlic cloves minced
- ☐ 4.5 lb butterflied leg of lamb boneless trimmed of fat
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 tablespoon oregano dried crumbled (preferably Greek)
- ☐ 2 teaspoons salt

Equipment

- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ skewers
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Combine oil, lemon juice, garlic, oregano, salt, and pepper in sealable plastic bag.
- ☐ Add lamb and seal bag, pressing out air. Turn bag to coat lamb, then put bag in a shallow baking pan and marinate, chilled, turning bag over occasionally, at least 8 hours.
- ☐ Bring lamb to room temperature, about 1 hour, before grilling.
- ☐ Prepare grill for cooking over direct heat with medium-hot charcoal (moderate heat for gas); see Grilling Procedure
- ☐ Remove lamb from marinade (discard marinade) and run 3 or 4 skewers lengthwise through lamb about 2 inches apart. Grill on a lightly oiled grill rack, covered only if using gas grill, turning over occasionally and, if necessary, moving around on grill to avoid flare-ups, until thermometer registers 125 to 128°F, 8 to 14 minutes total for medium-rare.
- ☐ Transfer lamb to a cutting board and remove skewers.
- ☐ Let lamb stand, loosely covered with foil, 20 minutes. (Internal temperature will rise to 135°F while meat stands.)
- ☐ Cut across the grain into slices.
- ☐ · If you aren't able to grill outdoors, lamb can be cooked in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan, uncovered, turning over once, 12 to 14 minutes per side.·
Lamb can marinate up to 24 hours.

Nutrition Facts



PROTEIN 57.94% **FAT 39.25%** **CARBS 2.81%**

Properties

Glycemic Index:8.38, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:17.693478439165%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 235.81kcal (11.79%), Fat: 10.01g (15.4%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.23g (0.26%), Cholesterol: 102.87mg (34.29%), Sodium: 681.62mg (29.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.51%), Vitamin B12: 4.34µg (72.33%), Selenium: 38.04µg (54.34%), Vitamin B3: 10.06mg (50.32%), Zinc: 6.22mg (41.43%), Phosphorus: 314.46mg (31.45%), Vitamin B2: 0.41mg (24.02%), Iron: 3.23mg (17.95%), Vitamin B1: 0.23mg (15.42%), Vitamin B6: 0.3mg (15.13%), Potassium: 489.76mg (13.99%), Vitamin B5: 1.19mg (11.86%), Magnesium: 46.36mg (11.59%), Copper: 0.22mg (10.8%), Folate: 40.06µg (10.02%), Manganese: 0.13mg (6.46%), Vitamin E: 0.87mg (5.81%), Vitamin K: 5.95µg (5.66%), Vitamin C: 3.43mg (4.16%), Calcium: 24.29mg (2.43%), Fiber: 0.38g (1.53%)