



Grilled Merlot Lamb

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



220 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons rosemary leaves dried fresh coarsely chopped
- ☐ 4 cloves garlic minced pressed
- ☐ 1 tablespoon coarse-ground pepper
- ☐ 5 lb leg of lamb
- ☐ 0.5 cup merlot
- ☐ 0.5 cup oregano leaves fresh chopped
- ☐ 10 servings salt

☐ 0.5 cup soya sauce

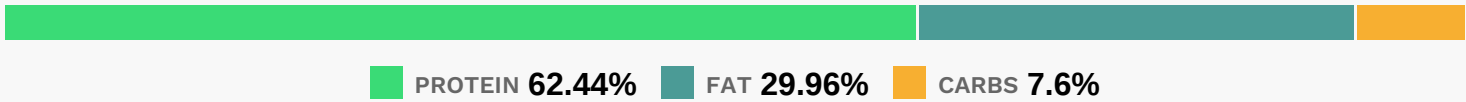
Equipment

- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ In a 9- by 13-inch baking dish, combine soy sauce, Merlot, white wine, garlic, chopped oregano, chopped rosemary, and pepper.
- ☐ Add lamb and turn to coat with marinade. Cover and chill at least 6 hours or up to 1 day, turning meat over several times.
- ☐ Lift lamb from marinade (reserve marinade) and place on a barbecue grill over a solid bed of medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds). Close lid on gas grill. Cook, turning as needed to brown meat evenly, until a thermometer inserted in thickest part of leg reaches 135 to 140 for rare (thinner portions will be well-done), 30 to 45 minutes.
- ☐ Brush meat occasionally with marinade up until the last 10 minutes of cooking.
- ☐ Transfer meat to a platter, keep warm, and let rest 5 to 15 minutes.
- ☐ Garnish with oregano and rosemary sprigs. To serve, thinly slice meat.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:18.057391560596%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 219.66kcal (10.98%), Fat: 6.61g (10.17%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.5g (0.56%), Cholesterol: 91.44mg (30.48%), Sodium: 932.45mg (40.54%), Alcohol: 2.49g (100%), Alcohol %: 1.72% (100%), Protein: 30.98g (61.96%), Vitamin B12: 3.86µg (64.3%), Selenium: 34.01µg (48.59%), Vitamin B3: 9.53mg (47.65%), Zinc: 5.66mg (37.72%), Phosphorus: 302.32mg (30.23%), Vitamin B2: 0.4mg (23.29%), Iron: 3.95mg (21.96%), Manganese: 0.34mg (17.12%), Vitamin B6: 0.32mg (16.09%), Vitamin K: 15.97µg (15.21%), Potassium: 506.76mg (14.48%), Vitamin B1: 0.22mg (14.37%), Magnesium: 54.01mg (13.5%), Copper: 0.23mg (11.28%), Vitamin B5: 1.12mg (11.22%), Folate: 41.45µg (10.36%), Calcium: 57.46mg (5.75%), Fiber: 1.35g (5.38%), Vitamin E: 0.76mg (5.07%), Vitamin A: 55.91IU (1.12%)