



Grilled Rosemary-Mustard Lamb

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup dijon mustard
- 0.7 cup vermouth dry
- 1 tablespoon rosemary leaves dried fresh minced
- 2 tablespoons garlic minced
- 4 lb boned leg of lamb
- 2 tablespoons juice of lemon
- 0.3 cup olive oil
- 1 cup whipping cream

0.3 cup worcestershire

Equipment

frying pan

grill

Directions

Rinse lamb and pat dry.

Lay flat, cut side up. Make long cuts lengthwise into, but not quite through, leg. Press out and pat meat so it's as evenly thick as possible, making additional cuts as required.

Put lamb in a plastic freezer bag (1-gal. size).

Add mustard, vermouth, oil, Worcestershire, lemon juice, rosemary, and garlic. Seal bag, turn to coat meat, and freeze up to six weeks.

Thaw (see notes).

Lightly oil a barbecue grill over a solid bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds). Lift lamb from bag; save marinade.

Lay meat on grill. Close lid on gas grill. Cook until lamb is well browned on bottom, about 8 minutes. Turn meat and cook until as done as you like, about 20 minutes longer for medium-rare (pink in center; cut in thickest part to check).

Transfer lamb to a platter and let rest at least 10 minutes.

Meanwhile, in a 2- to 3-quart pan, combine reserved marinade and cream; bring to a boil over high heat and stir often until mixture is reduced to 2 1/4 cups, about 10 minutes.

Add any meat juices from platter.

Slice lamb and accompany with sauce.

Nutrition Facts

PROTEIN 33.95% **FAT 60.28%** **CARBS 5.77%**

Properties

Glycemic Index:7.75, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:18.693478169649%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 383.12kcal (19.16%), Fat: 24.67g (37.95%), Saturated Fat: 10.14g (63.36%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.33g (1.58%), Sugar: 2.14g (2.37%), Cholesterol: 125.06mg (41.69%), Sodium: 437.17mg (19.01%), Alcohol: 1.9g (100%), Alcohol %: 1.03% (100%), Protein: 31.27g (62.53%), Vitamin B12: 3.91µg (65.09%), Selenium: 41.86µg (59.79%), Vitamin B3: 9.12mg (45.58%), Zinc: 5.73mg (38.23%), Phosphorus: 324.11mg (32.41%), Vitamin B2: 0.44mg (25.95%), Iron: 3.51mg (19.48%), Vitamin B1: 0.26mg (17.08%), Potassium: 554.69mg (15.85%), Vitamin B6: 0.29mg (14.75%), Magnesium: 52.69mg (13.17%), Vitamin B5: 1.19mg (11.86%), Copper: 0.22mg (11.16%), Vitamin E: 1.65mg (10.98%), Vitamin A: 466.56IU (9.33%), Folate: 37.28µg (9.32%), Manganese: 0.16mg (7.87%), Calcium: 55.18mg (5.52%), Vitamin K: 5.45µg (5.19%), Vitamin C: 3.51mg (4.25%), Fiber: 0.98g (3.92%), Vitamin D: 0.48µg (3.17%)