



Grilled Tandoori Lamb



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 2 tablespoons cumin seeds
- ☐ 2 teaspoons fennel seeds
- ☐ 2 tablespoons ginger fresh minced
- ☐ 4 garlic clove pressed
- ☐ 5.8 pound leg of lamb (4 pounds boned)
- ☐ 6 tablespoons olive oil
- ☐ 1.5 teaspoons pepper dried red crushed

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2 teaspoons nigella seeds

Equipment

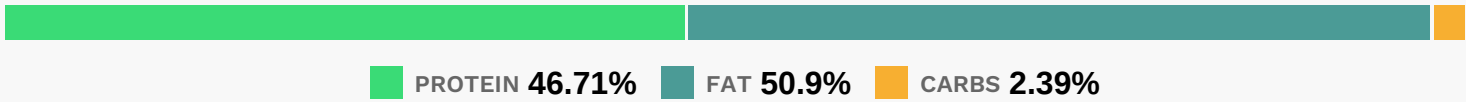
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grill

Directions

- ☐ Spray grill rack with nonstick spray; prepare barbecue (medium-high heat). Grill lamb 25 minutes for medium-rare (internal temperature at the thickest part of meat should be 125°F).
- ☐ Let lamb rest 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:30.18391332419%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 501.13kcal (25.06%), Fat: 27.81g (42.78%), Saturated Fat: 6.5g (40.65%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.17g (0.19%), Cholesterol: 175.27mg (58.42%), Sodium: 182.93mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.42g (114.85%), Vitamin B12: 7.39µg (123.24%), Selenium: 64.88µg (92.69%), Vitamin B3: 17.29mg (86.43%), Zinc: 10.69mg (71.29%), Phosphorus: 547.7mg (54.77%), Vitamin B2: 0.7mg (41.29%), Iron: 6.68mg (37.13%), Vitamin B1: 0.4mg (26.99%), Vitamin B6: 0.52mg (25.87%), Potassium: 870.96mg (24.88%), Magnesium: 86.7mg (21.68%), Vitamin B5: 2mg (19.98%), Copper: 0.39mg (19.53%), Vitamin E: 2.89mg (19.25%), Folate: 63.71µg (15.93%), Manganese: 0.27mg (13.5%), Vitamin K: 9.7µg (9.24%), Calcium: 50.43mg (5.04%), Fiber: 0.99g (3.95%), Vitamin A: 176.74IU (3.53%), Vitamin C: 1.04mg (1.26%)