



Grilled Yogurt-Marinated Leg of Lamb

 Gluten Free

READY IN



480 min.

SERVINGS



8

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 5 large garlic clove divided minced
- ☐ 1 teaspoon kosher salt plus more for seasoning
- ☐ 4 pound leg of lamb
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 optional: lemon halved
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 cups yogurt divided

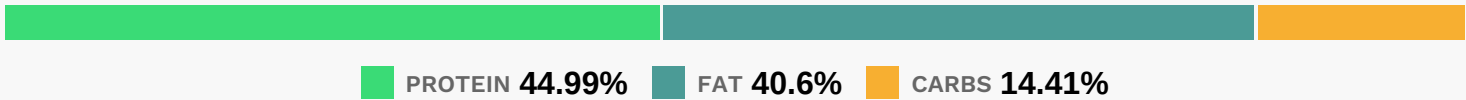
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Mix 1 cup yogurt, 1 teaspoon Tabil Spice Blend, and 1 minced garlic clove in a small bowl. Season to taste with salt and pepper. Cover and chill.
- ☐ Whisk remaining 1 cup yogurt, remaining 3 1/2 tablespoons Tabil Spice
- ☐ Blend, 4 minced garlic cloves, 1 tsp. salt, 1 teaspoon pepper, oil, and lemon juice in a large bowl.
- ☐ Add lamb; turn to coat. Cover and chill overnight, turning occasionally.
- ☐ Prepare grill to medium-high heat. Season lamb with salt and pepper. Grill until meat is cooked to desired doneness, 10–15 minutes per side for medium-rare.
- ☐ Let rest 10 minutes. Meanwhile, grill lemon halves, cut side down, until charred, about 5 minutes. Thinly slice lamb against the grain and arrange on a platter; garnish with lemons.
- ☐ Serve with reserved yogurt sauce.

Nutrition Facts



Properties

Glycemic Index: 10.94, Glycemic Load: 1.1, Inflammation Score: -5, Nutrition Score: 20.808260746624%

Flavonoids

Eriodictyol: 11.72mg, Eriodictyol: 11.72mg, Eriodictyol: 11.72mg, Eriodictyol: 11.72mg Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 296.76kcal (14.84%), Fat: 13.49g (20.76%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 9.15g (3.33%), Sugar: 6.17g (6.85%), Cholesterol: 92.67mg (30.89%), Sodium: 428.06mg (18.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.64g (67.28%), Vitamin B12: 4.23µg (70.52%), Selenium: 36.28µg (51.83%), Vitamin B3: 9.05mg (45.25%), Zinc: 6.14mg (40.94%), Phosphorus: 384.13mg (38.41%), Vitamin C: 31.21mg (37.83%), Vitamin B2: 0.51mg (30.26%), Potassium: 658.47mg (18.81%), Vitamin B6: 0.34mg (17.21%), Iron: 3.08mg (17.11%), Vitamin B1: 0.26mg (17.06%), Vitamin B5: 1.54mg (15.44%), Calcium: 149.47mg (14.95%), Magnesium: 55.66mg (13.92%), Folate: 47µg (11.75%), Copper: 0.22mg (10.95%), Vitamin E: 1.38mg (9.18%), Fiber: 1.63g (6.5%), Manganese: 0.12mg (5.9%), Vitamin K: 4.63µg (4.41%)