



Herb and Citrus Roast Leg of Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 6 medium cloves garlic fresh minced
- ☐ 1 teaspoon ground cumin
- ☐ 6 pound leg of lamb bone-in trimmed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 tablespoon orange zest grated
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons shallots fresh chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Combine the first 11 ingredients in a small bowl, stirring well.
- ☐ Place lamb in a roasting pan; rub with garlic mixture. Cover with plastic wrap, and refrigerate for 8 hours or overnight.
- ☐ Remove lamb from the refrigerator.
- ☐ Sprinkle lamb with 1 teaspoon salt and black pepper.
- ☐ Place lamb on the rack of a roasting pan coated with cooking spray, and place rack in pan.
- ☐ Let lamb stand for 1 hour at room temperature.
- ☐ Preheat oven to 42
- ☐ Roast lamb at 425 for 30 minutes. Reduce oven temperature to 375 (do not remove lamb from oven); bake an additional 45 minutes or until a thermometer inserted into thickest portion of roast registers 135 or until desired degree of doneness.
- ☐ Let stand for 20 minutes; slice.

Nutrition Facts



 **PROTEIN 56.54%**  **FAT 38.02%**  **CARBS 5.44%**

Properties

Glycemic Index:14.75, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:12.896956697754%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg 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: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 162.04kcal (8.1%), Fat: 6.67g (10.25%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.73g (0.82%), Cholesterol: 68.58mg (22.86%), Sodium: 213.58mg (9.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.31g (44.61%), Vitamin B12: 2.89µg (48.22%), Selenium: 25.42µg (36.31%), Vitamin B3: 6.75mg (33.74%), Zinc: 4.17mg (27.82%), Phosphorus: 212.86mg (21.29%), Vitamin K: 17.49µg (16.65%), Vitamin B2: 0.28mg (16.22%), Iron: 2.4mg (13.34%), Vitamin B6: 0.21mg (10.69%), Vitamin B1: 0.16mg (10.61%), Potassium: 346.26mg (9.89%), Magnesium: 33.07mg (8.27%), Vitamin B5: 0.8mg (8.04%), Copper: 0.15mg (7.52%), Folate: 29.15µg (7.29%), Manganese: 0.11mg (5.3%), Vitamin C: 4.3mg (5.22%), Vitamin E: 0.62mg (4.13%), Calcium: 23.99mg (2.4%), Fiber: 0.51g (2.03%), Vitamin A: 82.38IU (1.65%)