



Herb and Garlic Roast Leg of Lamb

 Gluten Free  Dairy Free

READY IN



170 min.

SERVINGS



10

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup parsley fresh finely chopped
- 1 tablespoon rosemary dried fresh crumbled chopped
- 1 tablespoon thyme leaves dried fresh crumbled chopped
- 3 tablespoons vegetable oil
- 2 teaspoons kosher salt
- 0.5 teaspoon pepper
- 2 cloves garlic finely chopped
- 5 pound leg of lamb boneless

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 325°F.
- In small bowl, stir all ingredients except lamb until well mixed.
- Place lamb in shallow roasting pan (keep netting or string on lamb).
- Spread herb mixture over entire surface of lamb. Insert meat thermometer so tip is in thickest part of lamb and does not rest in fat.
- Roast uncovered 2 hours 5 minutes to 2 hours 15 minutes for medium-rare or until thermometer reads 140°F. (For medium doneness, bake until thermometer reads 155°F.)
- Remove from oven; cover loosely with aluminum foil.
- Let stand 15 to 20 minutes or until thermometer reads 145°F (or 160°F for medium doneness).
- Remove netting or string before serving.
- Serve with pan juices if desired.

Nutrition Facts

 **PROTEIN 54.67%**  **FAT 44.11%**  **CARBS 1.22%**

Properties

Glycemic Index:20.9, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:16.81652184673%

Flavonoids

Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:

0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 222.01kcal (11.1%), Fat: 10.58g (16.28%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.02g (0.02%), Cholesterol: 91.44mg (30.48%), Sodium: 554.81mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.04%), Vitamin B12: 3.86µg (64.3%), Selenium: 33.68µg (48.11%), Vitamin B3: 8.94mg (44.71%), Zinc: 5.53mg (36.87%), Vitamin K: 32.28µg (30.74%), Phosphorus: 278.59mg (27.86%), Vitamin B2: 0.36mg (21.39%), Iron: 2.9mg (16.1%), Vitamin B1: 0.2mg (13.6%), Vitamin B6: 0.26mg (12.89%), Potassium: 431.24mg (12.32%), Vitamin B5: 1.04mg (10.43%), Magnesium: 41.22mg (10.31%), Copper: 0.19mg (9.54%), Folate: 36.11µg (9.03%), Vitamin E: 0.66mg (4.41%), Vitamin C: 3.43mg (4.15%), Manganese: 0.08mg (3.82%), Vitamin A: 166.47IU (3.33%), Calcium: 17.85mg (1.79%), Fiber: 0.27g (1.08%)