



Herb and Garlic Roast Leg of Lamb

 **Gluten Free**  **Dairy Free**

READY IN



170 min.

SERVINGS



10

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

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

Directions

- Heat oven to 325F.
- 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 140F. (For medium doneness, bake until thermometer reads 155F.)
- Remove from oven; cover loosely with aluminum foil.
- Let stand 15 to 20 minutes or until thermometer reads 145F (or 160F for medium doneness).
- Remove netting or string before serving.
- Serve with pan juices if desired.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:16.723913213481%

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: 221.35kcal (11.07%), Fat: 10.55g (16.24%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.02g (0.02%), Cholesterol: 91.44mg (30.48%), Sodium: 554.71mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.02%), Vitamin B12: 3.86µg (64.3%), Selenium: 33.67µg (48.1%), Vitamin B3: 8.94mg (44.7%), Zinc: 5.52mg (36.83%), Vitamin K: 32.28µg (30.74%), Phosphorus: 278.45mg (27.84%), Vitamin B2: 0.36mg (21.34%), Iron: 2.84mg (15.78%), Vitamin B1: 0.2mg (13.53%), Vitamin B6: 0.25mg (12.72%), Potassium: 429.33mg (12.27%), Vitamin B5: 1.04mg (10.43%), Magnesium: 40.78mg (10.2%), Copper: 0.19mg (9.48%), Folate: 35.49µg (8.87%), Vitamin E: 0.66mg (4.41%), Vitamin C: 3.3mg (4%), Manganese: 0.07mg (3.64%), Vitamin A: 160.22IU (3.2%), Calcium: 15.29mg (1.53%)