



Herb Crusted Lamb

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons bread crumbs italian
- ☐ 0.3 cup chicken broth
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 pound leg of lamb boneless
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 8 servings salt and pepper
- ☐ 0.3 cup white wine

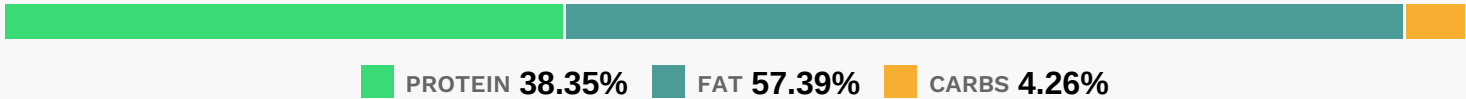
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Season the meat with salt and pepper. In a small bowl, mix the herbs with the olive oil and bread crumbs. Rub both sides of the lamb with the herb mixture. Using the kitchen string, tie up the lamb leg at 2-inch intervals.
- ☐ Place in roasting pan and bake for 20 minutes. Lower the oven temperature to 375 degrees F.
- ☐ Add the wine and water or broth to the roasting pan and cook for another 30 to 40 minutes, or until the thickest part of the lamb reaches an internal temperature of 140 degrees F for medium. Take the lamb out of the oven, cover loosely with foil, and let the meat rest for 15 minutes. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:12.162608514661%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg

Nutrients (% of daily need)

Calories: 245.14kcal (12.26%), Fat: 14.94g (22.98%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.21g (0.8%), Sugar: 1.28g (1.42%), Cholesterol: 68.78mg (22.93%), Sodium: 311.09mg (13.53%), Alcohol: 1.03g (100%), Alcohol %: 0.93% (100%), Protein: 22.46g (44.92%), Vitamin B12: 2.9µg (48.26%), Selenium: 25.23µg (36.05%), Vitamin B3: 6.89mg (34.46%), Zinc: 4.16mg (27.73%), Phosphorus: 211.47mg (21.15%), Vitamin B2: 0.28mg (16.65%), Iron: 2.28mg (12.68%), Vitamin B1: 0.16mg (10.55%), Vitamin E: 1.5mg (10%), Vitamin B6: 0.19mg (9.55%), Potassium: 333.71mg (9.53%), Magnesium: 32.29mg (8.07%), Vitamin B5: 0.78mg (7.83%), Copper: 0.14mg (7.13%), Folate: 27.74µg (6.94%), Vitamin K: 5.31µg (5.05%), Manganese: 0.06mg (2.99%), Vitamin C: 1.46mg (1.76%), Calcium: 12.27mg (1.23%), Fiber: 0.29g (1.15%)