



Herb-Roasted Boneless Leg of Lamb



Gluten Free



Dairy Free



Very Healthy

READY IN



180 min.

SERVINGS



6

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black divided freshly ground
- ☐ 0.7 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 0.3 cup rosemary leaves fresh loosely packed
- ☐ 0.3 cup thyme leaves fresh loosely packed
- ☐ 6 garlic cloves
- ☐ 3.5 teaspoons kosher salt divided
- ☐ 5 lb leg of lamb boneless
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 2 pounds new potatoes
- ☐ 10 tablespoon olive oil divided
- ☐ 2 shallots coarsely chopped

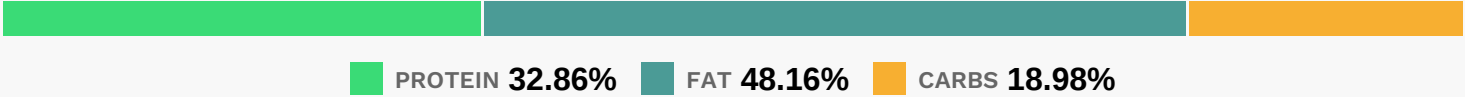
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Rub lamb with 2 tsp. salt and 1 tsp. pepper; let stand 1 hour.
- ☐ Pulse rosemary in a food processor 4 or 5 times or until finely chopped.
- ☐ Add parsley and next 4 ingredients, and pulse 4 or 5 times or until finely chopped.
- ☐ Add 6 Tbsp. olive oil, and pulse 7 or 8 times or until smooth, scraping down sides as needed. Rub mixture over lamb; place in a large roasting pan.
- ☐ Let stand 30 minutes.
- ☐ Preheat oven to 45
- ☐ Toss together potatoes and remaining 1 1/2 tsp. salt, 1 tsp. pepper, and 4 Tbsp. oil; place potatoes around lamb in roasting pan.
- ☐ Bake at 450 for 50 minutes to 1 hour or until a meat thermometer inserted into thickest portion registers 125 (rare).
- ☐ Remove lamb from pan; cover loosely with aluminum foil, and let stand 15 minutes before slicing.
- ☐ Dice half of lamb; package in 2 (2 1/2-cup) portions, and reserve for Rosemary Lamb Stew and Lamb Pita Pockets.
- ☐ Serve remaining lamb with potatoes and pan juices.
- ☐ Note: Peel the centers of the potatoes for a pretty presentation, if desired.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:20.19, Inflammation Score:-10, Nutrition Score:40.221739271413%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 14.44mg, Apigenin: 14.44mg, Apigenin: 14.44mg, Apigenin: 14.44mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 645.96kcal (32.3%), Fat: 34.41g (52.94%), Saturated Fat: 7.16g (44.73%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 26.05g (9.47%), Sugar: 1.99g (2.21%), Cholesterol: 152.41mg (50.8%), Sodium: 1519.58mg (66.07%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 52.83g (105.66%), Vitamin K: 127.46µg (121.39%), Vitamin B12: 6.43µg (107.16%), Vitamin B3: 16.61mg (83.04%), Selenium: 56.99µg (81.41%), Zinc: 9.78mg (65.2%), Phosphorus: 563.22mg (56.32%), Vitamin C: 44.47mg (53.9%), Vitamin B6: 0.94mg (46.81%), Potassium: 1432.43mg (40.93%), Vitamin B2: 0.67mg (39.26%), Iron: 6.69mg (37.16%), Vitamin B1: 0.47mg (31.58%), Magnesium: 110.25mg (27.56%), Vitamin E: 3.97mg (26.44%), Copper: 0.51mg (25.68%), Manganese: 0.51mg (25.27%), Folate: 94.7µg (23.68%), Vitamin B5: 2.26mg (22.6%), Fiber: 4.47g (17.89%), Vitamin A: 691IU (13.82%), Calcium: 65.48mg (6.55%)