



Herb-Roasted Lamb

 Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



12

CALORIES



115 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cloves garlic minced
- 0.5 tsp ground pepper red (cayenne)
- 0.8 oz env. seasons garlic & herb dressing mix good
- 3 lb leg of lamb
- 0.5 cup oil
- 3 Tbsp water
- 0.3 cup heinz red wine vinegar

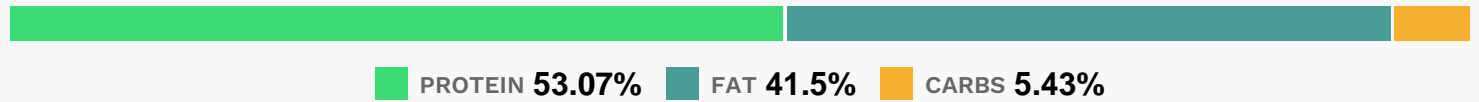
Equipment

- oven
- whisk
- roasting pan

Directions

- Whisk dressing mix, oil, vinegar, water, garlic and pepper until blended.
- Pour over lamb in shallow glass dish; turn to evenly coat lamb with dressing mixture. Refrigerate 4 hours to marinate, turning lamb after 2 hours.
- Heat oven to 350F.
- Remove lamb from marinade; discard marinade.
- Place lamb on rack in roasting pan.
- Bake 50 min. to 1 hour or until done (160F).
- Let stand 10 min. before slicing.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:9.0947826090066%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 114.94kcal (5.75%), Fat: 5.18g (7.97%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.09g (0.1%), Cholesterol: 45.72mg (15.24%), Sodium: 45.47mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.81%), Vitamin B12: 1.93µg (32.15%), Selenium: 16.98µg (24.26%), Vitamin B3: 4.54mg (22.72%), Zinc: 2.8mg (18.69%), Phosphorus: 142.27mg (14.23%), Vitamin K: 12.42µg (11.83%), Vitamin B2: 0.19mg (11.15%), Iron: 1.99mg (11.07%), Vitamin B6: 0.15mg (7.55%), Vitamin B1: 0.1mg (6.99%), Potassium: 235.25mg (6.72%), Magnesium: 24.61mg (6.15%), Manganese: 0.12mg (6.09%), Vitamin E: 0.83mg (5.54%), Vitamin B5: 0.54mg (5.35%), Copper: 0.1mg (5.24%), Folate: 20.73µg (5.18%), Calcium: 34.46mg (3.45%), Fiber: 0.79g (3.16%), Vitamin A: 61.41IU (1.23%)