






 **61%**
HEALTH SCORE

Herb-Roasted Leg of Lamb with Vegetables and Jus

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

45 min.

SERVINGS

10

CALORIES

377 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 6 medium carrots peeled cut into 3-inch-long pieces
- 1 large stalk celery quartered
- 1.5 cups wine dry white
- 6 large garlic clove crushed peeled
- 1 teaspoon herbs de provence
- 1.5 teaspoons kosher salt

- 7 pound leg of lamb boneless trimmed
- 1.5 cups chicken broth low-sodium
- 4 tablespoons olive oil extra virgin extra-virgin
- 4 medium onion trimmed peeled quartered (roots but still attached)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- sieve
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- Preheat oven to 400°F.
- In roasting pan, combine onions, celery, and garlic cloves.
- Drizzle with 1 tablespoon oil, toss well to coat, and mound in center of pan. Set lamb atop mixture.
- Drizzle with 1 tablespoon oil and sprinkle with herbes de Provence, salt, and pepper. Arrange carrots and celery root around meat and drizzle with remaining 2 tablespoons oil.
- Pour wine and broth into pan and cover pan tightly with heavy-duty foil.
- Roast 1 hour.
- Remove foil and increase heat to 425°F. Roast until thermometer inserted into thickest part of lamb registers 130°F for medium-rare, about 15 minutes more.
- Transfer lamb to carving board and tent with foil.
- Transfer carrots, celery root, and 1/2 of onions to medium bowl and keep warm. Force remaining contents of pan through medium-mesh strainer into medium saucepan, pressing

well on solids. Skim off and discard fat. (Or pour pan juices through strainer into fat separator and let stand until fat rises to top, 1 to 2 minutes. Carefully pour pan juices from separator into pan, discarding fat.)

- Set saucepan over moderate heat and bring to simmer. Cook, uncovered, until reduced by half, about 10 minutes. Season to taste with salt and pepper.
- Remove kitchen string from lamb and cut meat crosswise into thin slices. Arrange on platter with roasted vegetables.
- Serve warm, with jus alongside.

Nutrition Facts



PROTEIN 49.56% **FAT 39.01%** **CARBS 11.43%**

Properties

Glycemic Index:18.28, Glycemic Load:2.42, Inflammation Score:-10, Nutrition Score:29.103043265965%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg

Nutrients (% of daily need)

Calories: 377.44kcal (18.87%), Fat: 15g (23.07%), Saturated Fat: 4.1g (25.6%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 7.92g (2.88%), Sugar: 4.1g (4.55%), Cholesterol: 128.02mg (42.67%), Sodium: 517.89mg (22.52%), Alcohol: 3.71g (100%), Alcohol %: 1.28% (100%), Protein: 42.86g (85.73%), Vitamin A: 6148.52IU (122.97%), Vitamin B12: 5.44µg (90.61%), Selenium: 47.59µg (67.99%), Vitamin B3: 13.44mg (67.18%), Zinc: 7.96mg (53.07%), Phosphorus: 433.39mg (43.34%), Vitamin B2: 0.56mg (32.67%), Vitamin B6: 0.49mg (24.64%), Potassium: 841.59mg (24.05%), Iron: 4.23mg (23.47%), Vitamin B1: 0.33mg (22.12%), Magnesium: 68.31mg (17.08%), Vitamin B5: 1.64mg (16.38%), Folate: 64.33µg (16.08%), Copper: 0.32mg (15.76%), Manganese: 0.26mg (12.87%), Vitamin K: 12.31µg (11.72%), Vitamin E: 1.52mg (10.16%), Fiber: 1.98g (7.9%), Vitamin C: 6.23mg (7.55%), Calcium: 47.28mg (4.73%)