



## Herb Rotisserie Leg of Lamb with Mint Chimichurri



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons fennel seeds
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4.5 pound leg of lamb boneless trimmed
- ☐ 8 servings mint chimichurri
- ☐ 2 tablespoons olive oil

- ☐ 8 servings pepper freshly ground to taste
- ☐ 8 servings sea salt to taste

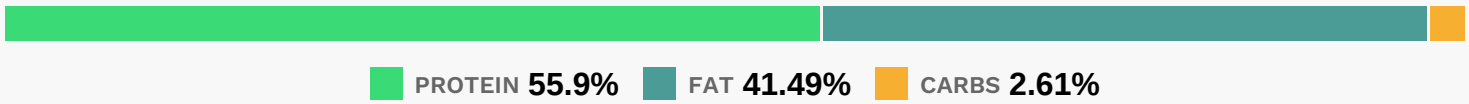
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Build a fire in a charcoal grill, or heat a gas grill to hot. Rub inside of lamb with 1 tablespoon olive oil, 1 tablespoon fennel seeds, 1 tablespoon rosemary, and next 4 ingredients.
- ☐ Roll lamb lengthwise into an evenly shaped piece, and secure by tying with string. Rub outside of lamb with remaining oil, fennel seeds, and rosemary.
- ☐ Let grill cool to medium-high heat or 350 to 400, and brown lamb over direct heat 5 to 7 minutes on each side. Push coals to 1 side of charcoal grill, or turn 1 side of gas grill off, and grill lamb over indirect heat 50 minutes to 1 hour or until internal temperature reads 145 for medium rare.
- ☐ Remove lamb from grill, cover loosely with aluminum foil, and let rest about 10 minutes before slicing.
- ☐ Serve warm or at room temperature with Mint Chimichurri.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:18.080000234687%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg 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: 245.47kcal (12.27%), Fat: 11.03g (16.97%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.01g (0.01%), Cholesterol: 102.87mg (34.29%), Sodium: 295.51mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.45g (66.89%), Vitamin B12: 4.34µg (72.33%), Selenium: 37.89µg (54.12%), Vitamin B3: 10.15mg (50.74%), Zinc: 6.27mg (41.8%), Phosphorus: 320.83mg (32.08%), Vitamin B2: 0.42mg (24.45%), Iron: 3.48mg (19.36%), Vitamin B1: 0.23mg (15.61%), Vitamin B6: 0.3mg (14.8%), Potassium: 508.72mg (14.53%), Magnesium: 52.19mg (13.05%), Vitamin B5: 1.17mg (11.74%), Copper: 0.23mg (11.6%), Folate: 39.09µg (9.77%), Manganese: 0.19mg (9.7%), Vitamin E: 0.86mg (5.73%), Calcium: 37.1mg (3.71%), Fiber: 0.91g (3.64%), Vitamin C: 2.38mg (2.88%), Vitamin K: 2.28µg (2.17%), Vitamin A: 101.31IU (2.03%)