



Herb-Stuffed Leg of Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1.5 cups parsley fresh coarsely chopped
- ☐ 3 garlic clove
- ☐ 1 tablespoon kosher salt
- ☐ 2.5 pound leg of lamb boneless
- ☐ 2 tablespoons olive oil

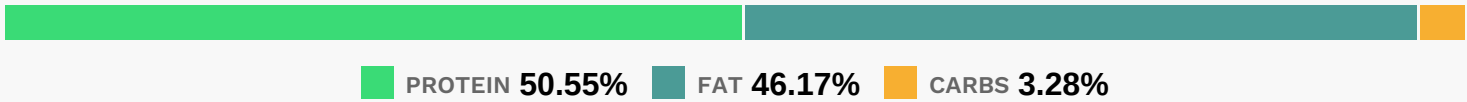
Equipment

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

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Finely chop parsley and garlic together and transfer to a small bowl, then stir in chives.
- ☐ Open lamb like a book, fat side down, on a work surface and sprinkle with 3/4 teaspoon kosher salt and 1/2 teaspoon pepper.
- ☐ Spread herb mixture evenly over lamb, then fold lamb back into original shape and tie with string at 1-inch intervals. Pat lamb dry and transfer to a small roasting pan. Rub lamb with oil and sprinkle with remaining tablespoon salt and remaining 1/4 teaspoon pepper.
- ☐ Roast lamb until thermometer inserted diagonally 2 inches into lamb averages 135 to 140°F for medium-rare (test in several places, as different parts of leg cook at different speeds), 40 to 50 minutes.
- ☐ Transfer to a plate and let stand, loosely covered with foil, 30 minutes before slicing.
- ☐ Cut off and discard string and serve lamb warm or at room temperature.
- ☐ *Available at most supermarkets.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:14.033913166627%

Flavonoids

Apigenin: 19.39mg, Apigenin: 19.39mg, Apigenin: 19.39mg, Apigenin: 19.39mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 121.24kcal (6.06%), Fat: 6.1g (9.39%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.09g (0.1%), Cholesterol: 45.72mg (15.24%), Sodium: 747.23mg (32.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.08%), Vitamin K: 150.19µg (143.03%), Vitamin B12: 1.93µg (32.15%), Selenium: 16.94µg (24.2%), Vitamin B3: 4.58mg (22.89%), Zinc: 2.86mg (19.04%), Vitamin A: 772.12IU (15.44%), Vitamin C: 12.43mg (15.06%), Phosphorus: 144.89mg (14.49%), Vitamin B2: 0.19mg (11.12%), Iron: 1.91mg (10.64%), Folate: 30.48µg (7.62%), Potassium: 262.99mg (7.51%), Vitamin B1: 0.11mg (7.33%), Vitamin B6: 0.14mg (7.08%), Magnesium: 24.41mg (6.1%), Vitamin B5: 0.56mg (5.59%), Copper: 0.11mg (5.46%), Vitamin E: 0.63mg (4.21%), Manganese: 0.07mg (3.43%), Calcium: 19.74mg (1.97%), Fiber: 0.36g (1.45%)