



HEALTH SCORE

100%

Herbed Leg of Lamb With Roasted Turnips



Gluten Free



Dairy Free



Very Healthy

READY IN



210 min.

SERVINGS



10

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 inner stalks celery roughly chopped
- 1 cup optional: dill fresh
- 0.3 cup marjoram fresh
- 1 cup parsley fresh
- 3 cloves garlic
- 10 servings kosher salt and pepper freshly ground
- 7 pound leg of lamb bone-in (ask your butcher to do this)
- 3 lemons

- 2 tablespoons olive oil extra-virgin
- 6 plum tomatoes halved quartered
- 6 bunches scallions
- 3 pounds baby turnips with greens (8 bunches)

Equipment

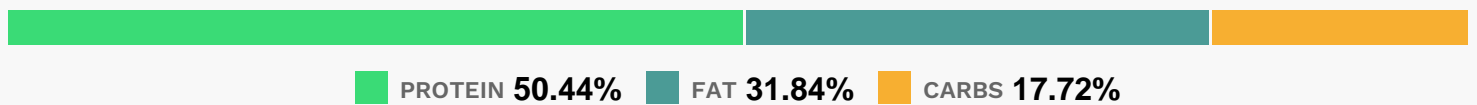
- food processor
- frying pan
- oven
- knife
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Position a rack in the lower third of the oven and preheat to 500 degrees F. Using a paring knife, make deep cuts, 2 inches apart, all over the lamb; rub with 2 tablespoons salt and several grinds of pepper.
- Transfer the lamb to a roasting pan, fat-side up. Squeeze the juice of 1 lemon on top.
- Roast the lamb until most of the fat is rendered and the skin starts to brown, about 30 minutes.
- Transfer to a cutting board and let rest 30 to 40 minutes. Discard the fat from the pan and set the pan aside.
- Meanwhile, trim the greens from the turnips.
- Cut any large turnips in half.
- Roughly chop 2 bunches scallions and transfer to a food processor.
- Add the parsley, dill, marjoram, celery and garlic and pulse to form a coarse paste. Holding the bone, stand the leg of lamb up and rub the paste all over it; return to the roasting pan.

- Cut the remaining 4 bunches scallions into 2-inch pieces. Scatter the scallions, turnips and tomatoes around the lamb and season with salt and pepper. Squeeze the juice of the remaining 2 lemons over the lamb and drizzle with the olive oil. Loosely cover with foil.
- Reduce the oven temperature to 350 degrees F and roast the lamb 1 hour. Uncover and continue roasting until a thermometer inserted into the thickest part registers 145 degrees F for medium, 30 to 45 more minutes.
- Let rest 15 minutes, then slice.
- Serve with the vegetables and pan juices.
- Photograph by Jonny Valiant

Nutrition Facts



Properties

Glycemic Index:30.95, Glycemic Load:5.92, Inflammation Score:-9, Nutrition Score:35.95565194669%

Flavonoids

Eriodictyol: 6.92mg, Eriodictyol: 6.92mg, Eriodictyol: 6.92mg, Eriodictyol: 6.92mg Hesperetin: 9.04mg, Hesperetin: 9.04mg, Hesperetin: 9.04mg, Hesperetin: 9.04mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 14.36mg, Apigenin: 14.36mg, Apigenin: 14.36mg, Apigenin: 14.36mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 2.04mg, Isorhamnetin: 2.04mg, Isorhamnetin: 2.04mg, Isorhamnetin: 2.04mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 345.52kcal (17.28%), Fat: 12.27g (18.87%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 10.82g (3.94%), Sugar: 7.38g (8.2%), Cholesterol: 128.02mg (42.67%), Sodium: 421.56mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.72g (87.45%), Vitamin K: 144µg (137.14%), Vitamin B12: 5.4µg (90.02%), Vitamin C: 66.71mg (80.86%), Selenium: 48.32µg (69.02%), Vitamin B3: 13.51mg (67.53%), Zinc: 8.31mg (55.43%), Phosphorus: 450.87mg (45.09%), Vitamin B2: 0.59mg (34.59%), Potassium: 1088.95mg (31.11%), Iron: 5.31mg (29.52%), Vitamin A: 1388.98IU (27.78%), Vitamin B6: 0.55mg (27.69%), Folate: 102.4µg (25.6%), Vitamin B1: 0.38mg (25.31%), Copper: 0.43mg (21.68%), Magnesium: 84.81mg (21.2%), Manganese: 0.39mg (19.62%), Vitamin B5: 1.87mg (18.71%), Fiber: 4.53g (18.13%), Calcium: 96.55mg (9.65%), Vitamin E: 1.27mg (8.44%)