



Italian Herb Lamb Roast

 Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



10

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp rosemary leaves dried
- 0.5 cup cooking wine dry red
- 3 cloves garlic minced
- 1 cup 1 cup kraft zesty italian dressing italian kraft
- 3 lb leg of lamb
- 1 tsp pepper
- 2 tsp thyme leaves dried

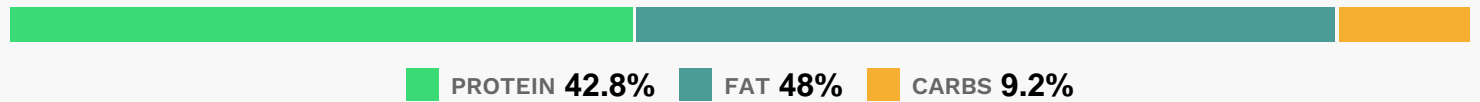
Equipment

- oven
- roasting pan

Directions

- Mix all ingredients except lamb until blended; pour over lamb in shallow dish. Turn to evenly coat lamb with dressing mixture. Refrigerate 2 hours, turning lamb after 1 hour.
- 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:17.7, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:10.09304356575%

Flavonoids

Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 179.19kcal (8.96%), Fat: 8.89g (13.68%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.6g (1.31%), Sugar: 2.55g (2.83%), Cholesterol: 54.87mg (18.29%), Sodium: 286.88mg (12.47%), Alcohol: 1.26g (100%), Alcohol %: 1.3% (100%), Protein: 17.83g (35.67%), Vitamin B12: 2.31µg (38.58%), Selenium: 20.77µg (29.67%), Vitamin B3: 5.39mg (26.93%), Zinc: 3.33mg (22.23%), Phosphorus: 171.08mg (17.11%), Vitamin K: 13.5µg (12.86%), Vitamin B2: 0.22mg (12.81%), Iron: 1.78mg (9.89%), Vitamin B6: 0.18mg (8.94%), Vitamin B1: 0.13mg (8.57%), Potassium: 277.89mg (7.94%), Magnesium: 25.87mg (6.47%), Vitamin B5: 0.63mg (6.26%), Copper: 0.12mg (6.03%), Folate: 20.86µg (5.22%), Vitamin E: 0.71mg (4.71%), Manganese: 0.08mg (3.87%), Calcium:

15.59mg (1.56%), Vitamin C: 0.83mg (1.01%)