



Lamb



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup tomatoes canned ripe peeled seeded roughly chopped
- ☐ 1 pinch cayenne pepper
- ☐ 0.3 teaspoon chili flakes
- ☐ 1 pinch chili flakes
- ☐ 1 cup cooking wine dry white
- ☐ 2 eggs lightly beaten
- ☐ 1 clove garlic thinly sliced
- ☐ 0.3 pound ground sausage

- ☐ 24 ounce leg of lamb
- ☐ 1 tablespoon optional: lemon
- ☐ 2 ounces field mushrooms sliced
- ☐ 8 ounces field mushrooms sliced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin
- ☐ 2 tablespoon parsley fresh italian chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup caciocavallo freshly grated
- ☐ 0.3 cup caciocavallo freshly grated

Equipment

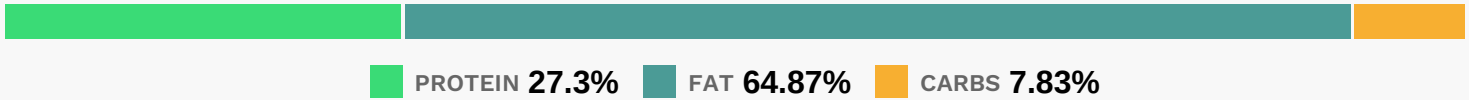
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ toothpicks

Directions

- ☐ In a 10 to 12-inch saute pan, heat 1/2 cup olive oil until hot but not smoking. Toss in the mushrooms, garlic and season with salt and pepper. Deglaze pan with vinegar.
- ☐ Place in a large bowl, and add the sausage and combine.
- ☐ Add chili flakes, parsley, 2 eggs, cheese and cayenne pepper
- ☐ Place equal amounts of the mixture in the center of each lamb piece, and gently roll up the lamb so that the mushroom mixture is enclosed. Secure the roll with a toothpick. Repeat the process with the remaining lamb pieces.
- ☐ Heat 2 tablespoons of olive oil in a heavy-bottomed saucepan over high heat. When the oil is hot, but not smoking, add the lamb rolls and brown on all sides, about 10 minutes.

- ☐
- Add the tomatoes and wine and bring to a boil. Reduce the heat to let the liquid simmer, until the lamb and the stuffing is cooked, about 1 hour, carefully stirring and basting occasionally with the pan juices.
- ☐
- Serve immediately with "Hee Hee" garnish spooned over each serving.;
- ☐
- Combine ingredients and serve over lamb.;

Nutrition Facts



Properties

Glycemic Index:74.13, Glycemic Load:2.15, Inflammation Score:-7, Nutrition Score:26.168261196302%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 515.55kcal (25.78%), Fat: 34.32g (52.79%), Saturated Fat: 7.66g (47.84%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 7.2g (2.62%), Sugar: 4.85g (5.39%), Cholesterol: 170.83mg (56.94%), Sodium: 562.97mg (24.48%), Alcohol: 6.18g (100%), Alcohol %: 1.94% (100%), Protein: 32.49g (64.98%), Vitamin B3: 11.44mg (57.22%), Vitamin B12: 3.36µg (55.97%), Selenium: 39.11µg (55.88%), Vitamin K: 48.46µg (46.15%), Vitamin B2: 0.73mg (43.16%), Phosphorus: 383.94mg (38.39%), Zinc: 5.66mg (37.74%), Vitamin E: 4.16mg (27.76%), Vitamin B6: 0.52mg (25.94%), Copper: 0.52mg (25.92%), Vitamin B5: 2.58mg (25.77%), Potassium: 882.71mg (25.22%), Iron: 4.29mg (23.85%), Vitamin B1: 0.35mg (23.19%), Magnesium: 62.24mg (15.56%), Folate: 59.34µg (14.83%), Vitamin C: 12.16mg (14.74%), Manganese: 0.28mg (14.21%), Vitamin A: 494.92IU (9.9%), Fiber: 2.13g (8.51%), Vitamin D: 0.95µg (6.34%), Calcium: 56.22mg (5.62%)