



Lamb Extraordinaire



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil dried
- ☐ 0.5 cup parsley fresh minced
- ☐ 4 garlic cloves pressed
- ☐ 2 tablespoons garlic salt
- ☐ 8 ounce pork tenderloin trimmed
- ☐ 5 pound leg of lamb
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon oregano dried

☐ 1 teaspoon salt

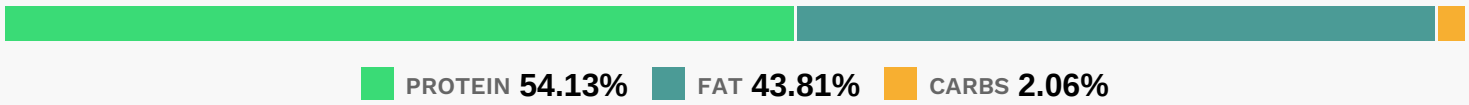
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Stir together first 4 ingredients; sprinkle 1 tablespoon mixture over inside of lamb.
- ☐ Place tenderloin in center of lamb.
- ☐ Roll up, and tie with string at 1-inch intervals; sprinkle with 1 tablespoon parsley mixture. Stir together oil, garlic, and salt; brush over lamb.
- ☐ Place, seam side down, in a roasting pan.
- ☐ Bake at 350 for 2 hours or until a meat thermometer inserted into thickest portion registers 160 (medium).
- ☐ Let meat stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:28.045217529587%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 326.75kcal (16.34%), Fat: 15.52g (23.88%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.09g (0.1%), Cholesterol: 132.73mg (44.24%), Sodium: 2163.96mg (94.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.15g (86.31%), Vitamin B12: 4.97µg (82.78%), Vitamin K: 86.62µg (82.49%), Selenium: 50.98µg (72.83%), Vitamin B3: 13.16mg (65.8%), Zinc: 7.54mg (50.3%),

Phosphorus: 422.86mg (42.29%), Vitamin B1: 0.54mg (36.07%), Vitamin B2: 0.56mg (33.18%), Vitamin B6: 0.57mg (28.29%), Iron: 4.97mg (27.61%), Potassium: 690.73mg (19.74%), Magnesium: 66.98mg (16.74%), Vitamin B5: 1.56mg (15.64%), Copper: 0.29mg (14.36%), Folate: 51.4µg (12.85%), Vitamin E: 1.68mg (11.18%), Manganese: 0.21mg (10.63%), Vitamin A: 334.11IU (6.68%), Vitamin C: 5.48mg (6.64%), Calcium: 53.73mg (5.37%), Fiber: 0.8g (3.19%)