



Lamb Pot Roast with Oranges and Olives

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups wine dry red
- 6 garlic clove thinly sliced
- 8 servings pepper freshly ground
- 4 pound lamb shoulder boneless
- 1.5 cups chicken broth low-sodium
- 2 mandarin orange segments unpeeled thinly sliced into rounds
- 1 teaspoon pepper red crushed
- 1 cup tomato purée

Equipment

- baking sheet
- oven
- knife
- wire rack
- pot
- cutting board
- kitchen twine

Directions

- Holding knife parallel to work surface, cut lamb lengthwise, following seam where bone was removed and stopping about 1/2" before you get all the way through. Open lamb like a book and season all over with salt and pepper. Close, wrap tightly in plastic, and chill at least 8 hours.
- Preheat oven to 400°F. Open lamb and arrange garlic on bottom half, leaving a 1" border. Top with orange slices and olives.
- Sprinkle with savory and red pepper flakes. Close lamb and tie at 1" intervals with kitchen twine.
- Place lamb on a wire rack set inside a large rimmed baking sheet. Roast until nicely browned, 30–40 minutes.
- Remove lamb from oven.
- Reduce oven temperature to 300°F. Carefully transfer lamb to a large heavy ovenproof pot and add stock, wine, and tomato purée. Cover and braise lamb, basting with braising liquid every 30 minutes, until golden brown and fork-tender, 2 1/2–3 hours. Season with salt and pepper, if needed.
- Transfer lamb to a cutting board and let rest at least 30 minutes before slicing.
- Serve with braising liquid.
- DO AHEAD: Lamb can be seasoned 1 day ahead; keep chilled. Lamb can be braised 2 days ahead; cover and chill.

Nutrition Facts

PROTEIN 53.66% FAT 31.32% CARBS 15.02%

Properties

Glycemic Index:13, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:18.003478195356%

Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 2.2mg, Naringenin: 2.2mg, Naringenin: 2.2mg, Naringenin: 2.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 261.45kcal (13.07%), Fat: 7.88g (12.13%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.32g (2.66%), Sugar: 4.01g (4.46%), Cholesterol: 91.44mg (30.48%), Sodium: 125.98mg (5.48%), Alcohol: 4.72g (100%), Alcohol %: 2.07% (100%), Protein: 30.38g (60.77%), Vitamin B12: 3.86µg (64.32%), Vitamin B3: 9.79mg (48.94%), Selenium: 33.06µg (47.23%), Zinc: 6.15mg (40.97%), Phosphorus: 300.89mg (30.09%), Vitamin B2: 0.38mg (22.41%), Potassium: 643.64mg (18.39%), Iron: 3.29mg (18.26%), Vitamin B6: 0.31mg (15.53%), Copper: 0.3mg (15.11%), Vitamin B1: 0.2mg (13.18%), Vitamin B5: 1.24mg (12.37%), Vitamin C: 10.05mg (12.18%), Magnesium: 47.44mg (11.86%), Folate: 41.57µg (10.39%), Vitamin A: 391.72IU (7.83%), Manganese: 0.15mg (7.64%), Vitamin E: 1.1mg (7.34%), Fiber: 1.18g (4.71%), Calcium: 38.29mg (3.83%), Vitamin K: 1.58µg (1.5%)