



Lamb Pot Roast with Oranges and Olives



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups wine dry red
- ☐ 2 tablespoons savoury fresh chopped
- ☐ 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 segents unpeeled thinly sliced into rounds
- ☐ 1 teaspoon pepper red crushed

- ☐ 1 cup tomato purée
- ☐ 1 cup olives fruity black pitted coarsely chopped

Equipment

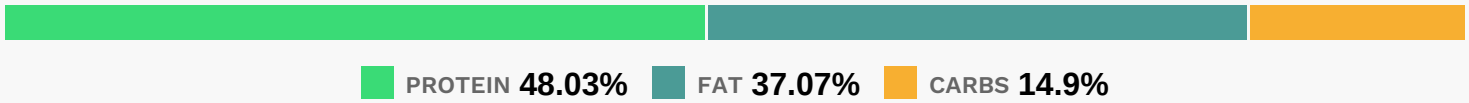
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ pot
- ☐ cutting board
- ☐ kitchen twine

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



Properties

Glycemic Index:13, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:18.849999987561%

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: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg 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: 287.28kcal (14.36%), Fat: 10.49g (16.14%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 7.53g (2.74%), Sugar: 4.1g (4.56%), Cholesterol: 91.44mg (30.48%), Sodium: 389.35mg (16.93%), Alcohol: 4.72g (100%), Alcohol %: 1.95% (100%), Protein: 30.59g (61.18%), Vitamin B12: 3.86µg (64.32%), Vitamin B3: 9.85mg (49.24%), Selenium: 33.24µg (47.48%), Zinc: 6.17mg (41.16%), Phosphorus: 302.26mg (30.23%), Vitamin B2: 0.38mg (22.48%), Iron: 3.56mg (19.77%), Potassium: 655.99mg (18.74%), Copper: 0.33mg (16.33%), Vitamin B6: 0.32mg (16.24%), Vitamin B1: 0.2mg (13.53%), Magnesium: 51.18mg (12.8%), Vitamin C: 10.3mg (12.48%), Vitamin B5: 1.24mg (12.41%), Vitamin E: 1.74mg (11.63%), Folate: 42.07µg (10.52%), Vitamin A: 483.69IU (9.67%), Manganese: 0.18mg (9.17%), Fiber: 1.96g (7.85%), Calcium: 57.73mg (5.77%), Vitamin K: 1.82µg (1.73%)