



Lamb Sandwiches

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 2 garlic cloves thinly sliced
- ☐ 3 pound leg of lamb boneless
- ☐ 24 small lettuce leaves
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 6 to 8 sweet potato rolls split

- ☐ 8 servings raspberry mayonnaise
- ☐ 1 cup raspberry vinegar
- ☐ 0.3 teaspoon salt

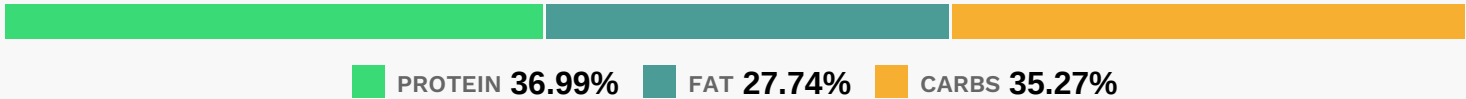
Equipment

- ☐ knife
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Cut small slits in leg of lamb using a sharp knife; insert garlic slices into slits.
- ☐ Combine vinegar and next 3 ingredients in a large shallow dish or heavy-duty zip-top plastic bag; add lamb. Cover or seal; chill 8 hours or overnight, turning lamb occasionally.
- ☐ Remove lamb from marinade, discarding marinade.
- ☐ Sprinkle lamb with salt and pepper.
- ☐ Grill, covered with grill lid, over high heat (400 to 500°F)
- ☐ for 45 minutes or until a meat thermometer inserted into thickest portion registers 150°F (medium-rare). Cool.
- ☐ Cut lamb into 1/8-inch-thick slices; serve on Sweet Potato
- ☐ Rolls with lettuce and Raspberry Mayonnaise.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:26.193043377088%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg,

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Nutrients (% of daily need)

Calories: 317.04kcal (15.85%), Fat: 9.86g (15.17%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 22.67g (8.24%), Sugar: 7.24g (8.05%), Cholesterol: 68.58mg (22.86%), Sodium: 296.53mg (12.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.59g (59.17%), Vitamin A: 5392.73IU (107.85%), Vitamin B12: 2.89µg (48.22%), Vitamin B3: 9.58mg (47.88%), Manganese: 0.77mg (38.32%), Selenium: 25.98µg (37.12%), Vitamin C: 30.55mg (37.03%), Vitamin B1: 0.47mg (31.42%), Folate: 124.68µg (31.17%), Zinc: 4.56mg (30.38%), Vitamin B2: 0.5mg (29.16%), Iron: 4.63mg (25.71%), Phosphorus: 250.81mg (25.08%), Fiber: 5.55g (22.18%), Calcium: 168.55mg (16.85%), Potassium: 574.01mg (16.4%), Vitamin B6: 0.31mg (15.45%), Magnesium: 54.87mg (13.72%), Copper: 0.2mg (10.08%), Vitamin E: 1.48mg (9.86%), Vitamin B5: 0.98mg (9.82%), Vitamin K: 6.91µg (6.59%)