



Leg o' Lamb with Lemon and Rosemary

READY IN



120 min.

SERVINGS



8

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup butter softened
- 4 sprigs rosemary fresh chopped
- 6 cloves garlic halved
- 6 pound leg of lamb at room temperature
- 6 ounce lemonade concentrate frozen thawed canned
- 1 ounce onion and mushroom soup mix dry

Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Spread butter generously over the lamb, and distribute garlic clove halves over the meat.
- Sprinkle with rosemary and pepper.
- Place the lamb on a rack inside a roasting pan.
- Roast the lamb in the preheated oven for 1 hour.
- Mix the lemonade concentrate and dry soup mix together in a bowl, pour over the lamb, and roast an additional 30 minutes. A meat thermometer inserted into the thickest part of the lamb should read 120 degrees F/58 degrees C for medium-rare or 145 degrees F/68 degrees C for medium-well. Allow the roast to stand for about 20 minutes before slicing.

Nutrition Facts

■ PROTEIN **47.72%** ■ FAT **37.56%** ■ CARBS **14.72%**

Properties

Glycemic Index:14, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:23.2313040469%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 380.98kcal (19.05%), Fat: 15.6g (24%), Saturated Fat: 7.11g (44.44%), Carbohydrates: 13.76g (4.58%), Net Carbohydrates: 13.37g (4.86%), Sugar: 9.65g (10.73%), Cholesterol: 152.42mg (50.81%), Sodium: 465mg (20.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.59g (89.19%), Vitamin B12: 5.8µg (96.65%), Selenium: 51.02µg (72.89%), Vitamin B3: 13.45mg (67.24%), Zinc: 8.31mg (55.42%), Phosphorus: 427.98mg (42.8%), Vitamin B2: 0.55mg (32.39%), Iron: 4.02mg (22.33%), Vitamin B1: 0.32mg (21.28%), Vitamin B6: 0.42mg (20.89%), Potassium: 672.97mg (19.23%), Vitamin B5: 1.62mg (16.21%), Magnesium: 62.45mg (15.61%), Copper: 0.29mg

(14.69%), Folate: 51.14µg (12.78%), Manganese: 0.13mg (6.59%), Vitamin E: 0.66mg (4.42%), Vitamin C: 3.62mg (4.39%), Vitamin A: 180.15IU (3.6%), Calcium: 25.9mg (2.59%), Fiber: 0.38g (1.53%)