



Leg of Lamb

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons flour all-purpose
- 10 servings ground pepper black to taste
- 8 pounds leg of lamb whole
- 6 ounces mustard prepared
- 10 servings salt to taste
- 1 dash worcestershire sauce

Equipment

- frying pan

- oven
- roasting pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Generously salt and pepper lamb. Smear the mustard all over the lamb and sprinkle it with a fine coating of flour.
- Place lamb in a roasting pan and place slices of garlic over top.
- Sprinkle with Worcestershire sauce to taste.
- Roast uncovered at 325 degrees F (165 degrees C) until desired doneness. About 20 minutes per pound for a pink roast.
- Remove from pan to a heated platter. Use the drippings to make a gravy by a little flour and water. Season with salt and pepper.

Nutrition Facts

PROTEIN 64.24% **FAT 32.91%** **CARBS 2.85%**

Properties

Glycemic Index:13.9, Glycemic Load:0.89, Inflammation Score:-4, Nutrition Score:24.736521659014%

Nutrients (% of daily need)

Calories: 308.79kcal (15.44%), Fat: 10.9g (16.77%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.26g (0.28%), Cholesterol: 146.31mg (48.77%), Sodium: 523.99mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.89g (95.78%), Vitamin B12: 6.17µg (102.87%), Selenium: 60.02µg (85.74%), Vitamin B3: 14.43mg (72.14%), Zinc: 8.9mg (59.33%), Phosphorus: 461.43mg (46.14%), Vitamin B2: 0.59mg (34.73%), Iron: 4.52mg (25.1%), Vitamin B1: 0.36mg (24.28%), Vitamin B6: 0.4mg (20.07%), Potassium: 689.97mg (19.71%), Magnesium: 70.41mg (17.6%), Vitamin B5: 1.71mg (17.05%), Copper: 0.3mg (15.22%), Folate: 56.54µg (14.14%), Manganese: 0.15mg (7.46%), Vitamin E: 0.56mg (3.76%), Fiber: 0.8g (3.19%), Calcium: 25.33mg (2.53%)