

food
network



HEALTH SCORE

75%

Leg of Lamb Open-Faced Sandwich with Black Olive Saltsa: Arni Psito



Very Healthy

READY IN



260 min.

SERVINGS



4

CALORIES



813 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces arugula
- ☐ 1 teaspoon pepper black
- ☐ 1 tablespoon capers chopped
- ☐ 1 calabrian chile chopped
- ☐ 1 clove garlic sliced
- ☐ 0.5 cup goat cheese softened
- ☐ 1 juice of lemon juiced

- ☐ 1 cup kalamata olives pitted
- ☐ 5 pound leg of lamb
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon oregano dry crushed
- ☐ 1 tablespoon oregano fresh finely chopped
- ☐ 4 pitas halved
- ☐ 8 small sprigs rosemary
- ☐ 2 teaspoons salt

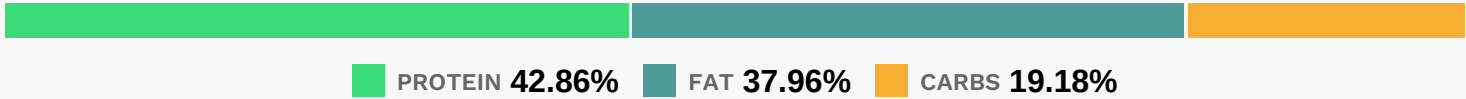
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In a food processor, grind the olives, chile, single garlic clove, capers, 1 teaspoon black pepper, fresh oregano, and 1/2 cup olive oil together. Cover and set aside.
- ☐ Preheat oven to 500 degrees F.
- ☐ Make sure the lamb leg is cleaned well and any hard fat is trimmed off. Make 8 slits in the leg and stuff them with the rosemary sprigs and remaining sliced garlic. Rub the leg with the remaining olive oil, dry oregano, lemon, salt, and pepper. Roast for about 30 minutes. Lower heat to 375 degrees.
- ☐ Add water to the pan if needed. Cook until the internal temperature of the lamb is 120 to 135 degrees F, about 3 1/2 hours.
- ☐ Remove from the pan and let rest for 10 minutes. Skim the fat from the pan juices and pour into a bowl. Use for another time, this juice can be frozen. Slice the lamb as thinly as possible.
- ☐ Toast the pita bread and spread the goat cheese on the inside of the pita. Pile in about 4 to 5 slices of the lamb and top with the olive spread and arugula.
- ☐ Serve room temperature.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:30, Inflammation Score:-10, Nutrition Score:50.493477935376%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 22.41mg, Kaempferol: 22.41mg, Kaempferol: 22.41mg, Kaempferol: 22.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 813.25kcal (40.66%), Fat: 33.94g (52.22%), Saturated Fat: 11.53g (72.08%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 33.78g (12.29%), Sugar: 2.5g (2.78%), Cholesterol: 241.66mg (80.55%), Sodium: 2388.12mg (103.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.22g (172.44%), Vitamin B12: 9.7µg (161.64%), Selenium: 85.55µg (122.22%), Vitamin B3: 24.12mg (120.59%), Zinc: 14.86mg (99.06%), Phosphorus: 858.61mg (85.86%), Vitamin K: 84.48µg (80.45%), Vitamin B2: 1.14mg (66.8%), Iron: 10.05mg (55.85%), Vitamin B1: 0.72mg (47.95%), Copper: 0.89mg (44.27%), Vitamin B6: 0.85mg (42.51%), Folate: 166.21µg (41.55%), Potassium: 1418.4mg (40.53%), Manganese: 0.8mg (39.84%), Magnesium: 157.87mg (39.47%), Vitamin A: 1933.11IU (38.66%), Vitamin C: 28.07mg (34.03%), Vitamin B5: 3.31mg (33.1%), Calcium: 267.24mg (26.72%), Vitamin E: 3.71mg (24.75%), Fiber: 4.8g (19.19%)