

# Leg of Lamb Poached in White Wine Court Bouillon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon pepper black freshly ground
- 1 carrots
- 1 stalk celery
- 1 cloves rosemary dried
- 8 servings sauce
- 1 small leg of lamb
- 2 cloves with cloves

- 1 tablespoon salt
- 1 bottle wine (Pouilly Fuissé)

## Equipment

- frying pan

## Directions

- Pique the boned and tied leg of lamb with slivers of garlic (cut small gashes and insert garlic) and rub it with dried rosemary. Put wine, and equal amount of water, vegetables, and seasonings in a large kettle, bring to a boil and simmer for 25 minutes.
- Add lamb and bring liquid to a boil again. Cover the pan, reduce heat and simmer, allowing 15 minutes per pound of meat.
- Serve with Sauce Soubise. With this, drink chilled Pouilly Fuissé.

## Nutrition Facts

**PROTEIN 62.53%** **FAT 30.92%** **CARBS 6.55%**

## Properties

Glycemic Index:24.48, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:20.997391102107%

## Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 311.61kcal (15.58%), Fat: 8.11g (12.48%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.45g (1.25%), Sugar: 1.56g (1.74%), Cholesterol: 114.26mg (38.09%), Sodium: 1008.94mg (43.87%), Alcohol: 9.66g (100%), Alcohol %: 4.24% (100%), Protein: 36.92g (73.84%), Vitamin B12: 4.82µg (80.34%), Selenium: 42.1µg (60.14%), Vitamin B3: 11.32mg (56.6%), Zinc: 7mg (46.69%), Phosphorus: 365.83mg (36.58%), Vitamin B2: 0.47mg (27.57%), Vitamin A: 1301.64IU (26.03%), Iron: 3.61mg (20.05%), Vitamin B6: 0.37mg (18.38%), Potassium:

625.11mg (17.86%), Vitamin B1: 0.26mg (17.45%), Magnesium: 59.9mg (14.97%), Vitamin B5: 1.36mg (13.64%),  
Copper: 0.24mg (11.94%), Manganese: 0.24mg (11.76%), Folate: 45.69µg (11.42%), Vitamin K: 3.33µg (3.17%), Vitamin  
E: 0.46mg (3.09%), Calcium: 27.23mg (2.72%), Fiber: 0.43g (1.71%)