



Leg of Lamb with Garlic and Rosemary



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup beef broth dry red
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 4 garlic cloves
- ☐ 7 pound semi-boneless leg of lamb fat trimmed
- ☐ 1 tablespoon sea salt fine

Equipment

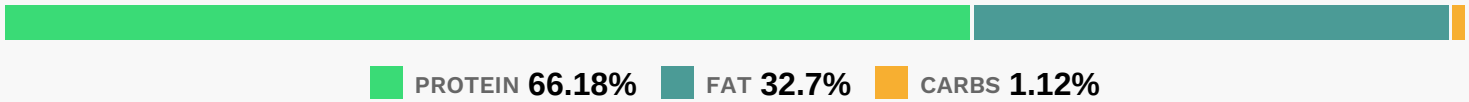
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ mortar and pestle
- ☐ cutting board

Directions

- ☐ Pat lamb dry and score fat by making shallow cuts all over with tip of a sharp small knife.
- ☐ Pound garlic to a paste with sea salt using a mortar and pestle (or mince and mash with a heavy knife) and stir together with rosemary and pepper. Put lamb in a lightly oiled roasting pan, then rub paste all over lamb.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Roast lamb in middle of oven until an instant-read thermometer inserted 2 inches into thickest part of meat (do not touch bone) registers 130°F, 1 1/2 to 1 3/4 hours.
- ☐ Transfer to a cutting board and let stand 15 to 25 minutes (internal temperature will rise to about 140°F for medium-rare).
- ☐ Add wine to pan and deglaze by boiling over moderately high heat, stirring and scraping up brown bits, 1 minute. Season pan juices with salt and pepper and serve with lamb.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:25.360434904047%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg

Epicatechin: 0.8mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 329.48kcal (16.47%), Fat: 11.32g (17.41%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.02g (0.02%), Cholesterol: 160.03mg (53.34%), Sodium: 1027.49mg (44.67%), Alcohol: 0.79g (100%), Alcohol %: 0.38% (100%), Protein: 51.54g (103.08%), Vitamin B12: 6.75µg (112.52%), Selenium: 58.98µg (84.26%), Vitamin B3: 15.59mg (77.97%), Zinc: 9.63mg (64.18%), Phosphorus: 485.41mg (48.54%), Vitamin B2: 0.63mg (36.93%), Iron: 4.63mg (25.72%), Vitamin B1: 0.35mg (23.56%), Vitamin B6: 0.45mg (22.29%), Potassium: 733.82mg (20.97%), Vitamin B5: 1.82mg (18.15%), Magnesium: 68.58mg (17.14%), Copper: 0.32mg (16.17%), Folate: 58.12µg (14.53%), Manganese: 0.11mg (5.4%), Vitamin E: 0.55mg (3.68%), Calcium: 20.4mg (2.04%)