



Leg of Lamb with Herbs and Mustard

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon ground bay leaves
- 1 teaspoon pepper black freshly ground
- 0.3 cup dijon mustard
- 2 tablespoons thyme leaves fresh minced
- 1 garlic clove minced
- 4 pound rolled leg of lamb boneless
- 0.5 cup low-salt beef broth
- 6 rosemary sprigs

- 1.3 teaspoons sea salt divided
- 0.5 cup water

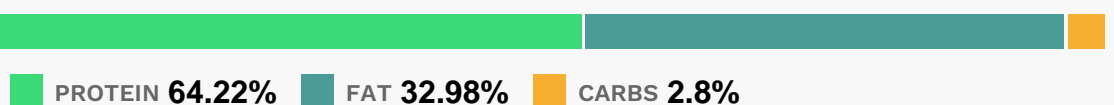
Equipment

- frying pan
- oven
- kitchen thermometer
- broiler pan
- kitchen twine

Directions

- Combine first 3 ingredients, stirring well. Unroll roast; trim fat. Reroll roast; secure at 1-inch intervals with twine.
- Cut 10 (1/2-inch-deep) slits in surface of roast; stuff thyme mixture into slits.
- Sprinkle with 3/4 teaspoon salt and pepper.
- Brush mustard over roast. Cover and chill 12 hours.
- Preheat oven to 42
- Arrange 3 rosemary sprigs crosswise on the rack of a broiler pan, and top with roast. Arrange 3 additional rosemary sprigs on top of roast.
- Bake at 425 for 50 minutes or until a thermometer registers 145 (medium-rare) or desired degree of doneness. Discard rosemary.
- Let roast stand 20 minutes before slicing.
- Combine water and broth; add to broiler pan. Cook over medium heat; bring to a boil, scraping pan to loosen browned bits. Cook 4 minutes or until mixture measures 1/2 cup; stir in remaining 1/2 teaspoon salt. Slice roast; serve with sauce.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:16.253478327523%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 193.48kcal (9.67%), Fat: 6.88g (10.58%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.15g (0.17%), Cholesterol: 91.44mg (30.48%), Sodium: 622.92mg (27.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.28%), Vitamin B12: 3.87µg (64.47%), Selenium: 37.28µg (53.26%), Vitamin B3: 9.11mg (45.57%), Zinc: 5.6mg (37.31%), Phosphorus: 291.8mg (29.18%), Vitamin B2: 0.38mg (22.16%), Iron: 3.15mg (17.52%), Vitamin B1: 0.22mg (14.81%), Vitamin B6: 0.26mg (13.22%), Potassium: 452.88mg (12.94%), Magnesium: 47.51mg (11.88%), Vitamin B5: 1.08mg (10.76%), Copper: 0.2mg (10.25%), Folate: 34.97µg (8.74%), Manganese: 0.15mg (7.49%), Vitamin C: 3.01mg (3.65%), Fiber: 0.8g (3.18%), Calcium: 26.54mg (2.65%), Vitamin E: 0.35mg (2.36%), Vitamin A: 94.45IU (1.89%)