



Leg of Lamb with Honey Butter

READY IN



105 min.

SERVINGS



14

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 1 tablespoon bourbon
- ☐ 0.5 cup butter softened
- ☐ 3 cloves garlic thinly sliced
- ☐ 0.5 cup hazelnuts toasted chopped
- ☐ 0.5 cup honey
- ☐ 3.5 pound leg of lamb boneless lean
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup orange marmalade

☐ 0.5 cup commercial dressing french

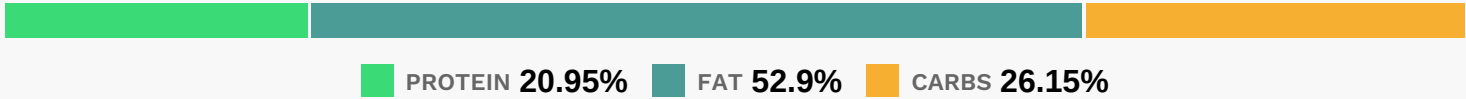
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Trim fat from lamb. Make lengthwise slits halfway through lamb. Insert a garlic slice into each slit. Arrange bacon slices in a crisscross pattern over lamb.
- ☐ Combine orange marmalade, French dressing, and lemon juice in a small saucepan. Bring to a boil over medium heat, stirring occasionally.
- ☐ Remove from heat, and set aside.
- ☐ Place lamb on a rack in a roasting pan. Insert meat thermometer into thickest part of roast, if desired.
- ☐ Brush lamb with marmalade mixture.
- ☐ Bake, uncovered, at 325 for 1 hour and 45 minutes or until meat thermometer registers 140 (rare) to 160 (medium), basting occasionally with marmalade mixture.
- ☐ Transfer lamb to a serving platter.
- ☐ Let stand 15 minutes.
- ☐ Beat butter and honey at medium speed of an electric mixer until smooth. Stir in hazelnuts and bourbon.
- ☐ Serve butter mixture with lamb. If desired, garnish with chive blossoms, mint, oregano, thyme, and vegetables.

Nutrition Facts



Properties

Glycemic Index:11.59, Glycemic Load:5.31, Inflammation Score:-3, Nutrition Score:10.721739216343%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 309.17kcal (15.46%), Fat: 18.4g (28.31%), Saturated Fat: 6.89g (43.06%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 19.71g (7.17%), Sugar: 18.63g (20.7%), Cholesterol: 67.3mg (22.43%), Sodium: 204.09mg (8.87%), Alcohol: 0.36g (100%), Alcohol %: 0.36% (100%), Protein: 16.39g (32.79%), Vitamin B12: 1.99µg (33.11%), Selenium: 18.5µg (26.42%), Vitamin B3: 4.83mg (24.17%), Zinc: 2.98mg (19.87%), Phosphorus: 165.76mg (16.58%), Manganese: 0.31mg (15.38%), Vitamin B2: 0.21mg (12.09%), Vitamin K: 11.99µg (11.42%), Vitamin B1: 0.15mg (10.09%), Vitamin E: 1.47mg (9.83%), Copper: 0.19mg (9.27%), Iron: 1.64mg (9.11%), Vitamin B6: 0.18mg (9.05%), Potassium: 276.08mg (7.89%), Magnesium: 28.64mg (7.16%), Vitamin B5: 0.62mg (6.16%), Folate: 23.45µg (5.86%), Vitamin A: 254.55IU (5.09%), Fiber: 0.76g (3.03%), Vitamin C: 2.32mg (2.82%), Calcium: 20.27mg (2.03%)