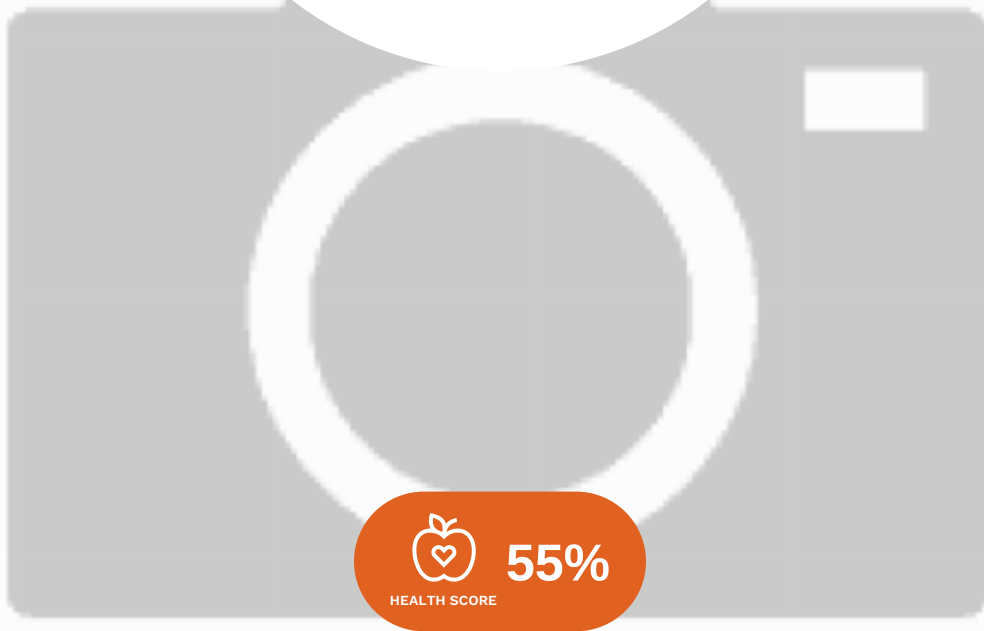




Leg of Lamb with Raspberry Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon rosemary dried
- ☐ 3 pound leg of lamb boneless
- ☐ 2 cups raspberries frozen
- ☐ 0.3 cup raspberry jam
- ☐ 2 tablespoons red wine vinegar
- ☐ 1.5 cups vegetable broth

Equipment

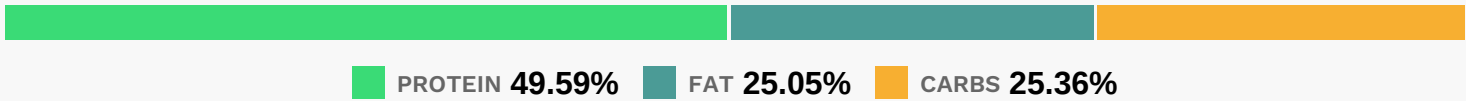
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ In the container of a blender or large food processor, combine the vegetable broth, raspberries, raspberry jam, and red wine vinegar. Puree until smooth.
- ☐ Pour into a large bowl, and set aside.
- ☐ Heat a nonstick skillet over medium-high heat. Sear the leg of lamb quickly on all sides, and remove from the pan. Pierce the meat every inch or so with the tines of a fork.
- ☐ Place into a bowl with the raspberry sauce. Cover, and refrigerate for at least 12 hours to marinate. Turn occasionally.
- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Remove the lamb from the marinade and pat dry.
- ☐ Place on a roasting rack in a roasting pan.
- ☐ Roast the lamb for 1 hour in the preheated oven, or until a meat thermometer inserted into the meat reads 140 degrees F (62 degrees C). Allow to stand for 10 to 15 minutes before carving. The temperature should go up by another 5 to 10 degrees while it rests for medium rare. If you like it more done, wait until it reaches 145 degrees F before removing from the oven.
- ☐ While the lamb is roasting, transfer the marinade to a saucepan. Bring to a boil, and add the rosemary. Boil over medium-high heat until the sauce has reduced and thickened slightly, about 10 minutes. Carve the lamb, and spoon sauce over it to serve.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:9.28, Inflammation Score:-5, Nutrition Score:26.425652110058%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 370.48kcal (18.52%), Fat: 10.07g (15.5%), Saturated Fat: 3.46g (21.66%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 18.8g (6.84%), Sugar: 13.71g (15.23%), Cholesterol: 137.17mg (45.72%), Sodium: 493.39mg (21.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.87g (89.73%), Vitamin B12: 5.79µg (96.45%), Selenium: 50.91µg (72.73%), Vitamin B3: 13.72mg (68.59%), Zinc: 8.5mg (56.65%), Phosphorus: 435.69mg (43.57%), Vitamin B2: 0.57mg (33.81%), Iron: 4.46mg (24.76%), Manganese: 0.47mg (23.28%), Vitamin B1: 0.32mg (21.51%), Vitamin C: 17.64mg (21.38%), Potassium: 729.4mg (20.84%), Vitamin B6: 0.4mg (20.09%), Magnesium: 72.24mg (18.06%), Vitamin B5: 1.74mg (17.45%), Copper: 0.35mg (17.31%), Fiber: 4.14g (16.56%), Folate: 64.27µg (16.07%), Vitamin E: 1.02mg (6.79%), Vitamin K: 4.68µg (4.46%), Vitamin A: 207.9IU (4.16%), Calcium: 32.72mg (3.27%)