



Leg of Lamb with Roasted Pear and Pine Nut Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 anjou pears firm cored ripe peeled quartered
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 garlic cloves
- ☐ 0.3 teaspoon ground coriander
- ☐ 2 teaspoons ground coriander
- ☐ 0.3 teaspoon ground cumin

- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon honey
- ☐ 5 pound leg of lamb boneless trimmed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 teaspoons lemon rind grated
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons olive oil
- ☐ 1 small onion cut into 8 wedges
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 medium rio sweet cut into 1/4-inch-thick slices

Equipment

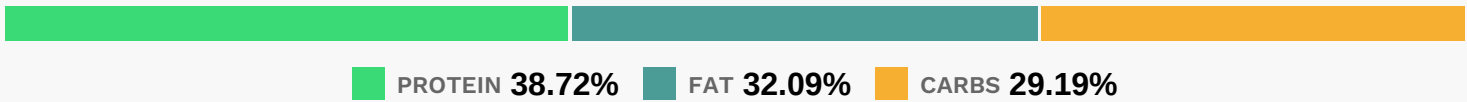
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ broiler pan
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 40

- ☐ To prepare relish, arrange pears in a single layer in a 13 x 9-inch baking dish. Arrange onion slices in a single layer in another 13 x 9-inch baking dish; lightly coat onion slices with cooking spray.
- ☐ Bake pears and onion slices at 400 for 40 minutes or until tender, turning once. Cool; chop.
- ☐ Combine 2 teaspoons rind and next 7 ingredients (through 1/4 teaspoon black pepper) in a large bowl; add chopped onion and pears, tossing gently to combine. Stir in nuts just before serving.
- ☐ To prepare lamb, combine 1 tablespoon lemon rind and next 10 ingredients (through onion wedges) in a food processor; process until finely chopped.
- ☐ Roll roast, and secure at 3-inch intervals with twine.
- ☐ Spread the onion mixture over lamb; cover and refrigerate 8 hours or overnight.
- ☐ Preheat oven to 45
- ☐ Place lamb on the rack of a broiler pan coated with cooking spray; place rack in pan.
- ☐ Bake at 450 for 20 minutes. Decrease oven temperature to 300 (do not remove lamb from oven); bake an additional 1 hour or until thermometer registers 145 (medium-rare) to 160 (medium).
- ☐ Let stand 10 minutes before slicing.
- ☐ Serve relish with lamb.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:3.3, Inflammation Score:-3, Nutrition Score:11.210869638816%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.37mg, Isorhamnetin:

0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 174.15kcal (8.71%), Fat: 6.32g (9.72%), Saturated Fat: 1.57g (9.78%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 10.52g (3.82%), Sugar: 8.05g (8.94%), Cholesterol: 50.8mg (16.93%), Sodium: 149.2mg (6.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.29%), Vitamin B12: 2.14µg (35.72%), Selenium: 19.04µg (27.2%), Vitamin B3: 5.19mg (25.95%), Zinc: 3.3mg (22.01%), Phosphorus: 181.32mg (18.13%), Manganese: 0.27mg (13.48%), Vitamin B2: 0.23mg (13.4%), Iron: 1.97mg (10.95%), Potassium: 356.11mg (10.17%), Vitamin B6: 0.2mg (9.86%), Copper: 0.2mg (9.76%), Fiber: 2.41g (9.63%), Vitamin B1: 0.14mg (9.31%), Magnesium: 34.89mg (8.72%), Vitamin C: 6.39mg (7.75%), Folate: 29.07µg (7.27%), Vitamin B5: 0.64mg (6.44%), Vitamin K: 4.66µg (4.43%), Vitamin E: 0.64mg (4.29%), Calcium: 21.96mg (2.2%), Vitamin A: 58.78IU (1.18%)