



Mama's Lamb Roast



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon parsley dried
- ☐ 4 cloves garlic crushed
- ☐ 4 pound leg of lamb
- ☐ 1.5 teaspoons salt
- ☐ 1.5 cups white wine

Equipment

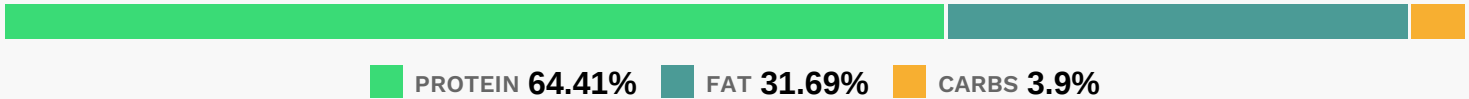
- ☐ bowl
- ☐ oven

- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix white wine, garlic, parsley, and salt in a bowl. Arrange leg of lamb in a large roasting pan; pour white wine mixture evenly over lamb.
- ☐ Roast in the preheated oven to your desired degree of doneness, or an internal temperature of 145 degrees F (65 degrees C) for medium, about 90 minutes, flipping the lamb over halfway through.
- ☐ Remove from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:29.843478301945%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 445.51kcal (22.28%), Fat: 12.93g (19.89%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.39g (1.23%), Sugar: 0.93g (1.03%), Cholesterol: 182.89mg (60.96%), Sodium: 1056.5mg (45.93%), Alcohol: 9.27g (100%), Alcohol %: 3.08% (100%), Protein: 59.14g (118.28%), Vitamin B12: 7.72µg (128.59%), Selenium: 67.74µg (96.78%), Vitamin B3: 17.97mg (89.85%), Zinc: 11.15mg (74.3%), Phosphorus: 574.49mg (57.45%), Vitamin B2: 0.74mg (43.71%), Iron: 5.61mg (31.18%), Vitamin B6: 0.57mg (28.62%), Vitamin B1: 0.41mg (27.44%), Potassium: 915.38mg (26.15%), Magnesium: 88.93mg (22.23%), Vitamin B5: 2.12mg (21.21%), Copper: 0.38mg (18.86%), Folate:

67.62µg (16.9%), Manganese: 0.28mg (13.77%), Vitamin K: 7.21µg (6.87%), Vitamin E: 0.68mg (4.51%), Calcium: 36.92mg (3.69%), Vitamin C: 1.56mg (1.89%)