



Mediterranean Grilled Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



116 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry red
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 4 large garlic cloves minced
- ☐ 1.5 pounds leg of lamb boneless trimmed
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

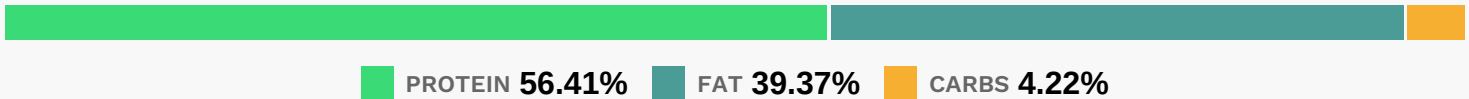
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Slice lamb lengthwise, cutting to, but not through, other side. Open the halves, laying lamb flat. Slice each half lengthwise, cutting to, but not through, other side; open flat.
- ☐ Combine wine and next 5 ingredients in a large heavy-duty zip-top plastic bag.
- ☐ Add lamb to bag; seal. Marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove lamb from bag, reserving marinade.
- ☐ Place reserved marinade in a small saucepan; bring to a boil. Boil 1 minute.
- ☐ Place lamb on grill rack coated with cooking spray; cover and grill 20 minutes or until a meat thermometer registers 145 (medium-rare) or to desired degree of doneness, turning and basting lamb once with reserved marinade.
- ☐ Let stand 10 minutes before slicing.
- ☐ carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:7.8313043804272%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 115.59kcal (5.78%), Fat: 4.61g (7.09%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.02g (0.02%), Cholesterol: 45.72mg (15.24%), Sodium: 238.64mg (10.38%), Alcohol: 1.05g (100%), Alcohol %: 1.55% (100%), Protein: 14.85g (29.71%), Vitamin B12: 1.93µg (32.15%), Selenium: 17.08µg (24.4%), Vitamin B3: 4.47mg (22.36%), Zinc: 2.77mg (18.49%), Phosphorus: 141.51mg (14.15%), Vitamin B2: 0.18mg (10.7%), Iron: 1.4mg (7.75%), Vitamin B6: 0.15mg (7.44%), Vitamin B1: 0.1mg (6.96%), Potassium: 220.1mg (6.29%), Vitamin B5: 0.53mg (5.33%), Magnesium: 20.54mg (5.14%), Copper: 0.1mg (4.96%), Folate: 17.23µg (4.31%), Manganese: 0.07mg (3.41%), Vitamin E: 0.35mg (2.34%), Calcium: 10.52mg (1.05%)