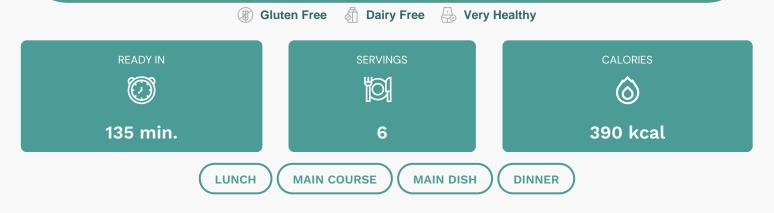


Mediterranean Rotisserie Leg of Lamb with Potatoes, Fennel, and Olives



Ingredients

2 22 Q. L. alala a
2 medium fennel bulb trimmed quartered
1 tablespoon cloves minced (from 5 medium cloves)
2 teaspoons ground coriander
1 teaspoon ground cumin
0.5 cup kalamata olives pitted
1.5 teaspoons kosher salt

6 servings pepper black freshly ground



Properties

Glycemic Index:20.67, Glycemic Load:1.9, Inflammation Score:-8, Nutrition Score:30.557826332424%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.07mg, Luteolin: 0.01mg, Kaempferol: 0.12mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 390.45kcal (19.52%), Fat: 14.65g (22.54%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 21.51g (7.82%), Sugar: 5.55g (6.17%), Cholesterol: 106.68mg (35.56%), Sodium: 925.07mg (40.22%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 38.06g (76.13%), Vitamin B12: 4.5µg (75.01%), Vitamin B3: 12.4mg (61.97%), Selenium: 40.79µg (58.28%), Vitamin K: 57.14µg (54.42%), Zinc: 7.08mg (47.21%), Phosphorus: 444.51mg (44.45%), Potassium: 1401.32mg (40.04%), Manganese: 0.73mg (36.49%), Vitamin B2: 0.5mg (29.53%), Iron: 5.21mg (28.94%), Vitamin B6: 0.57mg (28.44%), Vitamin C: 21.94mg (26.59%), Fiber: 6.05g (24.2%), Vitamin B1: 0.35mg (23.52%), Magnesium: 93.41mg (23.35%), Copper: 0.46mg (22.82%), Folate: 84.51µg (21.13%), Vitamin B5: 1.76mg (17.59%), Vitamin E: 2.33mg (15.55%), Vitamin A: 737.75IU (14.75%), Calcium: 85.48mg (8.55%)