



Moroccan-Spiced Leg of Lamb

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.3 ounce beef broth fat-free canned
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 tablespoon flour all-purpose
- ☐ 6 garlic cloves chopped
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 teaspoon coarsely ground pepper
- ☐ 2.5 pound rolled boned leg of lamb
- ☐ 0.5 cup spiced pear butter
- ☐ 0.5 cup spiced plum butter
- ☐ 1 cup onion red chopped
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons water
- ☐ 8 servings or
- ☐ 8 servings or

Equipment

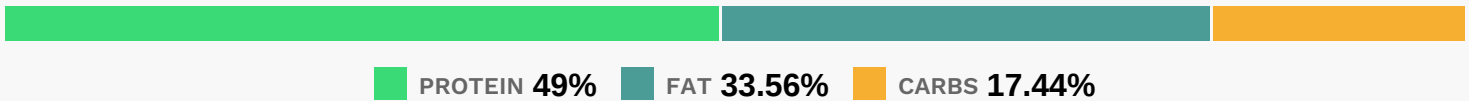
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a small bowl; set aside.
- ☐ Unroll roast; trim fat. Rub ginger mixture into folds and over surface of roast.
- ☐ Place roast in a large zip-top plastic bag; seal and marinate in refrigerator 12 to 24 hours, turning bag occasionally.
- ☐ Remove roast from bag; set aside.
- ☐ Preheat oven to 32
- ☐ Heat the oil in a Dutch oven over medium-high heat; add roast, browning on all sides.

- ☐ Add onion, wine, garlic, and broth, and bring to a simmer. Insert meat thermometer into the thickest portion of roast. Cover and bake at 325 for 50 minutes or until thermometer reaches 145 (medium-rare), basting occasionally.
- ☐ Remove from pan; set aside, and keep warm.
- ☐ Strain cooking liquid through a sieve into a bowl, and discard solids. Return cooking liquid to pan. Bring to a boil, and cook 5 minutes or until reduced to 2 cups.
- ☐ Combine flour and water in a small bowl; stir well with a whisk.
- ☐ Add flour mixture to cooking liquid in pan. Bring to a boil; cook 1 minute or until slightly thick, stirring constantly with a whisk. Stir in Spiced Pear Butter; serve sauce with lamb.

Nutrition Facts



Properties

Glycemic Index:35.18, Glycemic Load:2.03, Inflammation Score:-3, Nutrition Score:11.673478256101%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg 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: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 169.08kcal (8.45%), Fat: 5.96g (9.17%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 5.82g (2.12%), Sugar: 2.9g (3.22%), Cholesterol: 57.15mg (19.05%), Sodium: 535.58mg (23.29%), Alcohol: 1.05g (100%), Alcohol %: 0.66% (100%), Protein: 19.59g (39.18%), Vitamin B12: 2.45µg (40.77%), Selenium: 22.25µg (31.79%), Vitamin B3: 6.15mg (30.74%), Zinc: 3.54mg (23.63%), Phosphorus: 193.41mg (19.34%), Manganese: 0.3mg (15.11%), Vitamin B2: 0.25mg (14.91%), Iron: 1.99mg (11.06%), Vitamin B6: 0.22mg (10.98%),

Potassium: 362.85mg (10.37%), Vitamin B1: 0.15mg (10.14%), Magnesium: 30.85mg (7.71%), Copper: 0.15mg (7.47%),
Vitamin B5: 0.72mg (7.2%), Folate: 28.51µg (7.13%), Vitamin K: 4.89µg (4.66%), Fiber: 1.15g (4.61%), Vitamin C:
3.68mg (4.46%), Vitamin E: 0.41mg (2.72%), Calcium: 23.49mg (2.35%), Vitamin A: 66.88IU (1.34%)