



Mozzarella-Stuffed Leg of Lamb

READY IN



105 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 2 cups unseasoned bread cubes dried plain
- ☐ 0.5 cup chili sauce heinz®
- ☐ 3 pound butterflied leg of lamb boneless trimmed
- ☐ 2 teaspoons mint leaves finely chopped
- ☐ 0.8 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup mozzarella cheese shredded

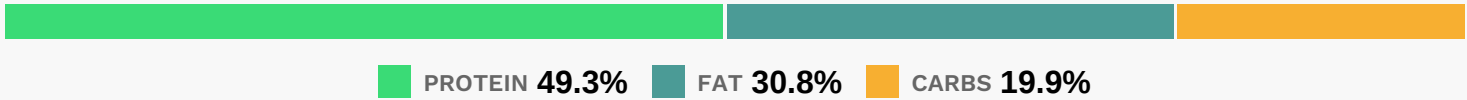
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 325 degrees F (160 degrees C). Toss bread cubes with cheese, mint and chili sauce until well combined.
- ☐ Lay meat fat side down and sprinkle all over with salt and pepper.
- ☐ Spread evenly with bread mixture, leaving a 1-in (2.5-cm) border at one end. Starting at the narrow end, roll up meat jellyroll style.
- ☐ Tie rolled roast together with kitchen string.
- ☐ Transfer to a rack set in a roasting pan and roast, basting occasionally, for 1 1/2 hours or until a meat thermometer inserted in centre of meat registers 140 degrees F (60 degrees C) for rare or 160 degrees F (70 degrees C) for medium doneness. Rest roast for 10 minutes. Slice thickly. Makes 8 servings.

Nutrition Facts



Properties

Glycemic Index:14.71, Glycemic Load:3.64, Inflammation Score:-3, Nutrition Score:14.479130389898%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg

Nutrients (% of daily need)

Calories: 212.71kcal (10.64%), Fat: 7.09g (10.91%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 9.29g (3.38%), Sugar: 3.14g (3.49%), Cholesterol: 74.11mg (24.7%), Sodium: 623.25mg (27.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.53g (51.06%), Vitamin B12: 3.05µg (50.88%), Selenium: 30.6µg (43.72%), Vitamin B3: 7.74mg (38.71%), Zinc: 4.5mg (29.97%), Phosphorus: 258.85mg (25.88%), Vitamin B2: 0.34mg (19.73%), Vitamin B1: 0.23mg (15.02%), Iron: 2.64mg (14.68%), Potassium: 400.57mg (11.44%), Vitamin B6: 0.23mg (11.41%), Manganese: 0.22mg (10.97%), Folate: 38.63µg (9.66%), Magnesium: 38.47mg (9.62%), Copper: 0.18mg (9.07%), Vitamin B5: 0.9mg (8.99%), Calcium: 63.72mg (6.37%), Fiber: 1.02g (4.08%), Vitamin E: 0.61mg

(4.03%), Vitamin C: 2.77mg (3.35%), Vitamin A: 165.71IU (3.31%), Vitamin K: 2.04µg (1.94%)