



Mustard-Crusted Leg of Lamb



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 1.5 teaspoons rosemary dried crushed
- ☐ 3 garlic cloves minced
- ☐ 0.8 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon horseradish prepared
- ☐ 2.5 pound rolled leg of lamb boneless trimmed
- ☐ 0.5 cup mint jelly
- ☐ 0.5 teaspoon salt

☐ 0.5 teaspoon sugar

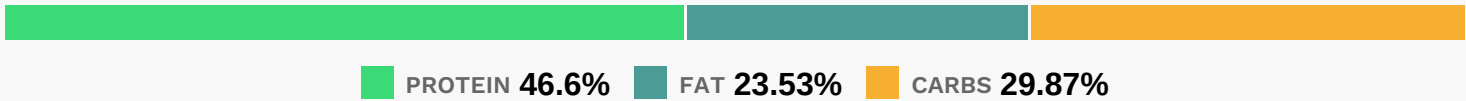
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Place lamb on rack of a broiler pan coated with cooking spray.
- ☐ Combine mustard and next 6 ingredients.
- ☐ Brush mustard mixture evenly over lamb. Insert a meat thermometer into thickest part of lamb.
- ☐ Bake at 400 for 1 hour and 22 minutes or until thermometer registers 145 (medium-rare).
- ☐ Let stand 10 minutes before slicing.
- ☐ Serve with mint jelly.

Nutrition Facts



Properties

Glycemic Index:33.64, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:9.7565215398436%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 167.07kcal (8.35%), Fat: 4.18g (6.43%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 11.64g (4.23%), Sugar: 6.56g (7.29%), Cholesterol: 57.15mg (19.05%), Sodium: 257.89mg (11.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.63g (37.27%), Vitamin B12: 2.41µg (40.19%), Selenium: 22.48µg (32.12%), Vitamin B3: 5.6mg (28.01%), Zinc: 3.48mg (23.23%), Phosphorus: 179.01mg (17.9%), Vitamin B2: 0.23mg (13.4%), Iron: 1.74mg (9.65%), Vitamin B1: 0.13mg (8.99%), Vitamin B6: 0.17mg (8.53%), Potassium:

275.53mg (7.87%), Magnesium: 27.06mg (6.77%), Vitamin B5: 0.67mg (6.65%), Copper: 0.12mg (6.12%), Folate: 21.99µg (5.5%), Manganese: 0.08mg (4.14%), Vitamin E: 0.21mg (1.42%), Fiber: 0.3g (1.21%), Calcium: 11.97mg (1.2%), Vitamin C: 0.84mg (1.02%)