



Olive-and-Spice-Rubbed Leg of Lamb

 **Gluten Free**

READY IN

ready

345 min.

SERVINGS

servings

8

CALORIES

calories

323 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 cup olives mixed green black pitted
- ☐ 2 teaspoons coriander seeds crushed
- ☐ 0.5 teaspoon cumin seeds crushed
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.5 cup parsley fresh
- ☐ 3 cloves garlic
- ☐ 1 juice of lemon
- ☐ 8 servings kosher salt and pepper freshly ground

- ☐ 5 pound leg of lamb boneless trimmed for you have the butcher do this
- ☐ 2 teaspoons paprika
- ☐ 6 tablespoons butter unsalted softened

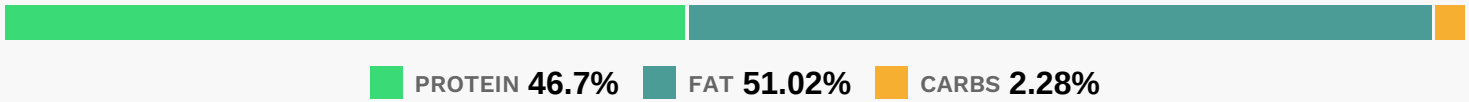
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ tongs
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Puree the garlic, paprika, coriander, cumin, 1 tablespoon salt and 1/2 teaspoon pepper into a paste in a mini food processor.
- ☐ Add the olives, parsley, cilantro and lemon juice; pulse to chop.
- ☐ Add the butter and pulse to incorporate all the ingredients.
- ☐ Cut the lamb along a natural seam into 2 equal pieces. Rub the olive-spice mixture evenly all over the lamb; cover and refrigerate for 2 to 6 hours.
- ☐ Bring the lamb to room temperature about 30 minutes before cooking. Preheat the broiler and line a broiler pan with foil.
- ☐ Place the lamb smooth-side down on the pan. Broil just until charred, about 15 minutes.
- ☐ Remove the pan from the oven; carefully turn the lamb, using tongs. Return to the oven; broil until a thermometer inserted into the thickest part of the meat reads 125 to 130 degrees, about 10 more minutes.
- ☐ Transfer the lamb to a cutting board, cover loosely with foil and let rest for 10 minutes. Slice across the grain and arrange on a platter.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:23.440434611362%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 323.46kcal (16.17%), Fat: 18.09g (27.83%), Saturated Fat: 8.47g (52.91%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.25g (0.28%), Cholesterol: 136.88mg (45.63%), Sodium: 440.59mg (19.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.26g (74.52%), Vitamin B12: 4.84µg (80.67%), Vitamin K: 64.33µg (61.27%), Selenium: 42.49µg (60.71%), Vitamin B3: 11.28mg (56.42%), Zinc: 6.98mg (46.54%), Phosphorus: 356.23mg (35.62%), Vitamin B2: 0.47mg (27.35%), Iron: 3.83mg (21.27%), Vitamin A: 893.38IU (17.87%), Vitamin B1: 0.26mg (17.51%), Vitamin B6: 0.34mg (16.88%), Potassium: 573.99mg (16.4%), Magnesium: 54.87mg (13.72%), Vitamin B5: 1.34mg (13.41%), Copper: 0.26mg (12.86%), Folate: 48.7µg (12.17%), Vitamin C: 7.04mg (8.54%), Vitamin E: 1.15mg (7.7%), Manganese: 0.09mg (4.64%), Fiber: 0.85g (3.39%), Calcium: 31.37mg (3.14%), Vitamin D: 0.16µg (1.05%)