



Oven-Roasted Boneless Leg of Lamb



Gluten Free



Dairy Free

READY IN



650 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large carrots cut into large chunks
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 0.7 cup olive oil extra virgin
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.3 teaspoon ground pepper white
- ☐ 2.3 pounds leg of lamb boneless
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup juice of lime
- ☐ 0.5 teaspoon mint flakes dried
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon rosemary crushed
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 3 potatoes white cut into large chunks

Equipment

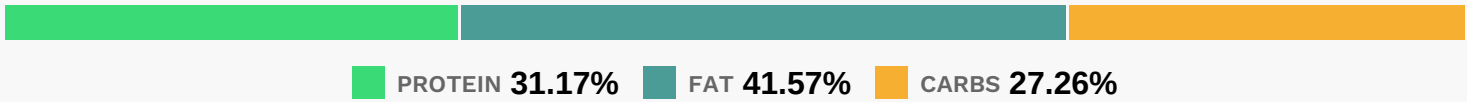
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Whisk olive oil, lemon juice, lime juice, garlic, mint, oregano, marjoram, thyme, rosemary, nutmeg, cinnamon, ginger, white pepper, and salt together in a bowl. Cover bowl with plastic wrap; refrigerate marinade at least 1 hour.
- ☐ Pierce lamb in multiple places evenly over the lamb; place into a gallon-sized freezer bag.
- ☐ Pour marinade over the lamb, squeeze excess air from the bag, and seal the bag. Marinate in the refrigerator 8 hours to overnight.
- ☐ Preheat oven to 325 degrees F (165 degrees C). Prepare a shallow roasting pan with cooking spray.

- ☐
- Remove lamb from marinade; shake to remove excess liquid. Reserve 2 tablespoonsmarinade; discard remainder.
- ☐
- Place lamb in the middle of the prepared roasting pan.
- ☐
- Combine potatoes and carrots in a large bowl.
- ☐
- Pour vegetable oil and reserved marinade over the vegetables; toss to coat. Arrange vegetables around the lamb. Cover the roasting pan with aluminum foil.
- ☐
- Roast lamb in preheated oven until an instant-read thermometer inserted into the center reads 140 degrees F (60 degrees C), about 80 minutes.
- ☐
- Remove foil and continue cooking until firm and meat is hot and slightly pink in the center, about 10 more minutes. Rest lamb 10 minutes before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:51.76, Glycemic Load:12.3, Inflammation Score:-10, Nutrition Score:23.362173868262%

Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 311.66kcal (15.58%), Fat: 14.47g (22.26%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 18.04g (6.56%), Sugar: 2.89g (3.21%), Cholesterol: 68.58mg (22.86%), Sodium: 194.48mg (8.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.82%), Vitamin A: 6035.39IU (120.71%), Vitamin B12: 2.89µg (48.22%), Vitamin B3: 8.01mg (40.03%), Selenium: 25.99µg (37.13%), Vitamin C: 26.77mg (32.44%), Zinc: 4.52mg (30.13%), Phosphorus: 275.71mg (27.57%), Vitamin B6: 0.53mg (26.48%), Potassium: 823.46mg (23.53%), Vitamin K: 20.98µg (19.98%), Vitamin B2: 0.32mg (19.09%), Manganese: 0.37mg (18.58%), Iron: 3.14mg (17.43%), Vitamin B1: 0.25mg (16.93%), Magnesium: 56.75mg (14.19%), Fiber: 3.31g (13.24%), Copper: 0.26mg (13.11%), Folate: 49.38µg (12.35%), Vitamin B5: 1.17mg (11.67%), Vitamin E: 1.63mg (10.85%), Calcium: 43.77mg (4.38%)