



Parsley-Stuffed Roast Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 0.5 teaspoon pepper black divided
- ☐ 0.5 cup currants dried
- ☐ 1.5 cups parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2.3 pounds boned leg of lamb
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.5 teaspoon salt divided

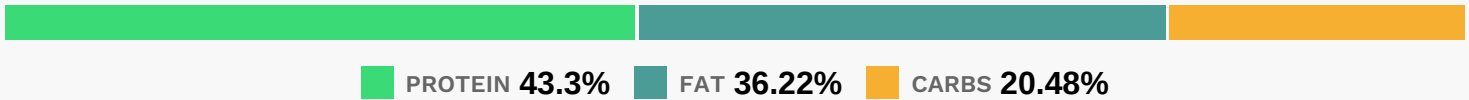
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients; add 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Unroll roast; trim fat.
- ☐ Spread parsley mixture into folds of roast. Reroll roast; secure at 1-inch intervals with heavy string.
- ☐ Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place roast on a broiler pan; insert meat thermometer into thickest portion of roast.
- ☐ Bake at 400 for 55 minutes or until thermometer registers 145 (medium-rare) to 160 (medium).
- ☐ Let roast stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:1.83, Inflammation Score:-7, Nutrition Score:17.673912995535%

Flavonoids

Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 164.42kcal (8.22%), Fat: 6.7g (10.31%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 7.55g (2.75%), Sugar: 5.86g (6.51%), Cholesterol: 52.07mg (17.36%), Sodium: 233.1mg (10.13%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.04%), Vitamin K: 187.38µg (178.46%), Vitamin B12: 2.18µg (36.28%), Vitamin B3: 5.64mg (28.21%), Selenium: 19.61µg (28.02%), Manganese: 0.48mg (24.02%), Zinc: 3.54mg (23.61%), Phosphorus: 198.04mg (19.8%), Vitamin A: 956.54IU (19.13%), Vitamin C: 15.65mg (18.97%), Iron: 2.62mg (14.58%), Vitamin B2: 0.24mg (14%), Potassium: 398.49mg (11.39%), Magnesium: 42.08mg (10.52%), Copper: 0.21mg (10.35%), Vitamin B1: 0.15mg (10.28%), Folate: 38.06µg (9.52%), Vitamin B6: 0.19mg (9.43%), Vitamin B5: 0.65mg (6.54%), Vitamin E: 0.69mg (4.61%), Fiber: 0.97g (3.88%), Calcium: 32.68mg (3.27%)