



Parslied Leg of Lamb



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



14

CALORIES



101 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup parsley fresh chopped
- ☐ 0.5 cup green onions chopped
- ☐ 1 tablespoon hazelnuts chopped
- ☐ 3.5 pound leg of lamb boneless lean
- ☐ 0.3 cup orange juice unsweetened
- ☐ 2 teaspoons orange rind grated
- ☐ 0.5 teaspoon pepper

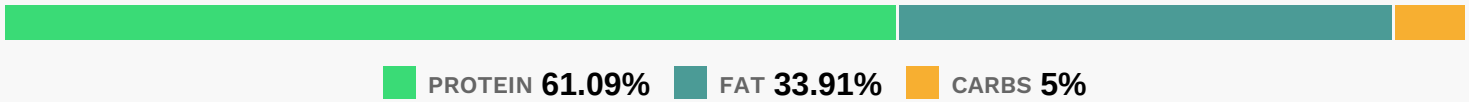
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Combine first 6 ingredients in container of an electric blender or food processor; cover and process until mixture forms a paste.
- ☐ Trim fat from lamb, and place lamb in a shallow dish. Rub parsley mixture over lamb. Cover and marinate in refrigerator 8 hours.
- ☐ Place lamb on a rack in a roasting pan coated with cooking spray. Insert meat thermometer into thickest part of roast, if desired.
- ☐ Bake, uncovered, at 325 for 1 hour and 45 minutes or until meat thermometer registers 140 (rare) to 160 (medium).
- ☐ Transfer lamb to a serving platter.
- ☐ Let stand 15 minutes. If desired, garnish with orange slices and parsley sprigs.

Nutrition Facts



Properties

Glycemic Index:11.64, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:12.21434793265%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 9.23mg, Apigenin: 9.23mg, Apigenin: 9.23mg, Apigenin: 9.23mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin:

0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 101.06kcal (5.05%), Fat: 3.71g (5.71%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.52g (0.58%), Cholesterol: 45.72mg (15.24%), Sodium: 47.33mg (2.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.03g (30.06%), Vitamin K: 77.9µg (74.19%), Vitamin B12: 1.93µg (32.15%), Selenium: 16.84µg (24.06%), Vitamin B3: 4.56mg (22.8%), Zinc: 2.82mg (18.83%), Phosphorus: 144.68mg (14.47%), Vitamin B2: 0.19mg (11.07%), Vitamin C: 9.02mg (10.93%), Iron: 1.67mg (9.28%), Vitamin A: 407.23IU (8.14%), Vitamin B1: 0.11mg (7.64%), Potassium: 255.33mg (7.3%), Folate: 27.47µg (6.87%), Vitamin B6: 0.13mg (6.7%), Magnesium: 23.98mg (6%), Copper: 0.11mg (5.74%), Vitamin B5: 0.55mg (5.52%), Manganese: 0.08mg (4.18%), Vitamin E: 0.32mg (2.13%), Calcium: 14.85mg (1.49%), Fiber: 0.36g (1.44%)