



## Patagonian Roasted Lamb

 Gluten Free

READY IN



815 min.

SERVINGS



35

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 bay leaf
- 3.5 lb leg roast boneless
- 2 Tbsp butter
- 6 cloves garlic divided
- 1 cup 1 cup kraft zesty italian dressing italian kraft
- 2 Tbsp olive oil
- 2 Tbsp paprika divided
- 0.3 cup parsley italian chopped

- 3 pimentos fresh cut into thin strips ( 3 cups)

## Equipment

- frying pan
- sauce pan
- oven
- blender
- roasting pan
- ziploc bags

## Directions

- Place dressing, 3 garlic cloves, 1 Tbsp. paprika and bay leaf in blender container; cover. Blend on high speed 2 min.
- Pour into large resealable plastic bag.
- Add lamb; seal bag. Turn bag over several times to evenly coat lamb with the dressing mixture. Refrigerate at least 12 hours.
- Preheat oven to 325F.
- Remove lamb from marinade, reserving the marinade in small saucepan.
- Place lamb, fat-side up, on rack of roasting pan; set aside. Bring marinade to boil; cook 1 min.
- Remove from heat.
- Brush onto lamb.
- Bake lamb 2 hours or until done (160F), brushing occasionally with the cooked marinade. Meanwhile, mince remaining 3 garlic cloves; set aside. Melt butter in medium skillet on medium heat.
- Add oil, garlic, remaining 1 Tbsp. paprika and pimientos; cook 2 min., stirring frequently. Stir in parsley.
- Place lamb on serving plate; drizzle with the butter mixture.

## Nutrition Facts



■ PROTEIN 34.37% ■ FAT 58.41% ■ CARBS 7.22%

## Properties

Glycemic Index:4.91, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:4.019999993884%

## Flavonoids

Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 68.77kcal (3.44%), Fat: 4.42g (6.8%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.78g (0.86%), Cholesterol: 20.03mg (6.68%), Sodium: 92.23mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Vitamin B12: 0.76µg (12.74%), Vitamin K: 11.66µg (11.1%), Selenium: 6.73µg (9.61%), Vitamin B3: 1.77mg (8.86%), Zinc: 1.22mg (8.13%), Phosphorus: 56.63mg (5.66%), Vitamin A: 252.68IU (5.05%), Vitamin B2: 0.07mg (4.23%), Iron: 0.64mg (3.55%), Vitamin B6: 0.06mg (3.13%), Vitamin E: 0.46mg (3.08%), Potassium: 101.33mg (2.9%), Vitamin B1: 0.04mg (2.56%), Vitamin B5: 0.22mg (2.21%), Magnesium: 8.54mg (2.13%), Copper: 0.04mg (1.97%), Folate: 7.75µg (1.94%), Manganese: 0.02mg (1.24%), Vitamin C: 0.85mg (1.03%)