

 97%
HEALTH SCORE

Quick roast lamb



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



916 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g baby potatoes
- ☐ 250 g carrots cut into big chunks
- ☐ 1 tbsp lamb loins for the lamb plus a little more
- ☐ 1 sprig rosemary chopped
- ☐ 100 ml red wine
- ☐ 100 ml lamb stock fine (from a cube is)
- ☐ 2 servings jam
- ☐ 4 to lamb shoulder blade chops

☐ 2 servings green beans

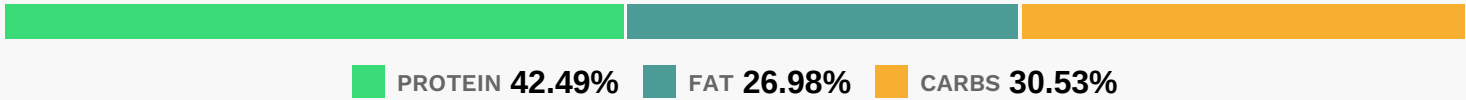
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Put the potatoes and carrots onto a baking tray, toss with the oil and rosemary, then season well. Roast for 15 mins on the top shelf until the veg is golden and almost tender.
- ☐ Meanwhile, make the gravy.
- ☐ Put the wine and stock into a small pan, then boil until reduced by about two-thirds. Stir in the redcurrant jelly, season and keep warm.
- ☐ Rub the lamb in a little oil, then season. Tuck the lamb in amongst the veg, then return to the oven for 8-10 mins, turning the lamb halfway through.
- ☐ Serve with the redcurrant gravy and some green veg.

Nutrition Facts



Properties

Glycemic Index:158.29, Glycemic Load:38.29, Inflammation Score:-10, Nutrition Score:54.755217481728%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Malvidin: 7.02mg, Malvidin: 7.02mg, Malvidin: 7.02mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg

Naringenin: 0.9mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 916.18kcal (45.81%), Fat: 25.96g (39.93%), Saturated Fat: 10.44g (65.23%), Carbohydrates: 66.09g (22.03%), Net Carbohydrates: 56.47g (20.53%), Sugar: 19.29g (21.44%), Cholesterol: 262.6mg (87.53%), Sodium: 383.67mg (16.68%), Alcohol: 5.38g (100%), Alcohol %: 0.84% (100%), Protein: 92g (183.99%), Vitamin A: 21268.58IU (425.37%), Vitamin B12: 9.82µg (163.73%), Zinc: 17.11mg (114.09%), Vitamin B6: 2.28mg (113.77%), Vitamin B3: 21.63mg (108.13%), Phosphorus: 922.92mg (92.29%), Vitamin B2: 1.51mg (88.9%), Potassium: 2525.95mg (72.17%), Vitamin C: 55.28mg (67%), Iron: 10.47mg (58.15%), Selenium: 35.63µg (50.9%), Vitamin B1: 0.71mg (47.35%), Copper: 0.87mg (43.35%), Vitamin K: 44.42µg (42.3%), Vitamin B5: 4.12mg (41.2%), Magnesium: 161.97mg (40.49%), Fiber: 9.63g (38.51%), Manganese: 0.73mg (36.31%), Folate: 78.09µg (19.52%), Calcium: 134.82mg (13.48%), Vitamin E: 1.11mg (7.4%)