



Roast Lamb for One

 Gluten Free  Dairy Free

READY IN



820 min.

SERVINGS



1

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serving pepper black freshly ground
- 1 sprig rosemary fresh
- 1 garlic clove
- 0.5 juice of lemon juiced
- 1 teaspoon kosher salt
- 1 lamb shank
- 0.5 teaspoon olive oil
- 2 tablespoons port red

0.5 teaspoon currant jelly red

Equipment

frying pan

oven

stove

Directions

Put everything, other than jelly, together into a freezer bag, tie securely, and leave in the refrigerator to marinate overnight.

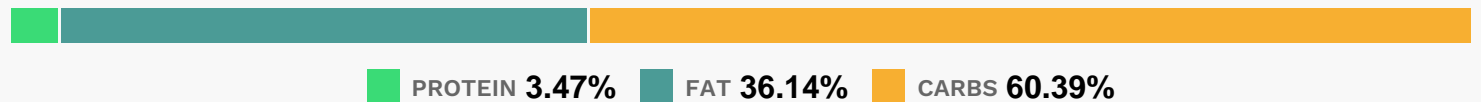
Preheat the oven to 400 degrees F.

Take the lamb in its package out of the fridge to come to room temperature.

Put the lamb shank along with its marinade into a roasting tin and cook for 1 to 1 1/2 hours, depending on the size of the shank. Turn the shank over halfway through cooking. By the time it is done it should look bursting with bronze color; remove from the pan and let stand 5 to 10 minutes before serving.

While it is resting, put the roasting tin on the stove and stir in a little water and 1/2 teaspoon red currant jelly to make a light gravy. Slice lamb and drizzle with gravy.

Nutrition Facts



Properties

Glycemic Index:117, Glycemic Load:1.6, Inflammation Score:-2, Nutrition Score:1.5473912841762%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 86.38kcal (4.32%), Fat: 2.3g (3.53%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 8.45g (3.07%), Sugar: 4.44g (4.93%), Cholesterol: 0.73mg (0.24%), Sodium: 2330.64mg (101.33%), Alcohol: 4.59g (100%), Alcohol %: 9.58% (100%), Protein: 0.5g (0.99%), Vitamin C: 7.07mg (8.57%), Manganese: 0.11mg (5.45%), Vitamin B6: 0.05mg (2.34%), Vitamin E: 0.32mg (2.13%), Potassium: 62.49mg (1.79%), Copper: 0.03mg (1.64%), Vitamin K: 1.45µg (1.39%), Magnesium: 5.02mg (1.26%), Selenium: 0.86µg (1.23%), Iron: 0.22mg (1.19%), Calcium: 11.81mg (1.18%), Vitamin B1: 0.02mg (1.12%), Phosphorus: 10.95mg (1.09%)