



 **100%**
HEALTH SCORE

Roast Lamb with Peppers and Mint Gremolata

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



8

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon balsamic vinegar
- 2 cups bell pepper strips yellow (2 peppers)
- 2 cups bell peppers strips red (2 peppers)
- 0.5 teaspoon pepper black divided freshly ground
- 2 cups cherry tomatoes halved
- 0.3 cup flat-leaf parsley finely chopped
- 0.3 cup mint leaves fresh finely chopped
- 0.3 cup parsley fresh finely chopped

- 4 garlic cloves minced
- 4 garlic cloves thinly sliced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 7.5 pound leg of lamb trimmed
- 1 tablespoon juice of lemon fresh
- 3 tablespoons lemon rind grated
- 6 tablespoons olive oil divided
- 2 cups orange bell pepper strips (2 peppers)
- 5 cups onion red vertically sliced (2 onions)
- 1 teaspoon salt divided

Equipment

- bowl
- oven
- sieve
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat the oven to 450°F.
- To prepare the lamb, combine the first 8 ingredients (through garlic) in a large bowl; add 4 tablespoons of the oil, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Toss well to combine.
- Place the vegetable mixture in the center of a large, deep roasting pan. Rub the remaining 2 tablespoons oil over the lamb, and sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- Place the lamb on top of the vegetable mixture. Insert a meat thermometer into the thickest portion of the lamb.

- Bake at 450 for 50 minutes. Reduce the oven temperature to 350 (do not remove the lamb from the oven).
- Bake 20 minutes more, or until the thermometer registers 150 (for medium-rare). Roast to desired degree of doneness, stirring the vegetables every 15 minutes.
- Place the roast on a heated platter, and cover with foil.
- Let stand 15 minutes before carving.
- Drain the vegetables through a fine sieve into a bowl (reserve the liquid for sauce).
- Place the vegetables in a bowl, and stir in the parsley and vinegar.
- To prepare the gremolata, combine the ingredients in a small bowl, and toss to combine.
- Serve a small spoonful with the lamb.

Nutrition Facts

PROTEIN 44.59% **FAT 40.04%** **CARBS 15.37%**

Properties

Glycemic Index:37.75, Glycemic Load:3.39, Inflammation Score:-10, Nutrition Score:44.598260983177%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 21.19mg, Quercetin: 21.19mg, Quercetin: 21.19mg, Quercetin: 21.19mg

Nutrients (% of daily need)

Calories: 522.69kcal (26.13%), Fat: 23.2g (35.69%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 15.48g (5.63%), Sugar: 8.6g (9.55%), Cholesterol: 171.46mg (57.15%), Sodium: 472.69mg (20.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.13g (116.26%), Vitamin C: 189.68mg (229.91%), Vitamin B12: 7.23µg (120.56%), Selenium: 64.36µg (91.95%), Vitamin B3: 18.19mg (90.94%), Zinc: 10.88mg (72.55%), Vitamin K: 73.18µg (69.7%), Phosphorus: 595.59mg (59.56%), Vitamin A: 2972.25IU (59.45%), Vitamin B6: 0.93mg (46.64%), Vitamin B2: 0.79mg (46.6%), Potassium: 1294.11mg (36.97%), Iron: 6.49mg (36.05%), Folate: 137.52µg (34.38%), Vitamin B1: 0.5mg (33.31%), Magnesium: 105.33mg (26.33%), Vitamin B5: 2.45mg (24.48%), Copper: 0.49mg (24.26%), Vitamin E: 3.56mg (23.7%), Manganese: 0.46mg (23.15%), Fiber: 4.57g (18.27%), Calcium: 74.74mg (7.47%)