



Roast Lamb With Yogurt-Mint Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 4 garlic cloves sliced
- ☐ 1 teaspoon ground cumin
- ☐ 1 Dash ground pepper red
- ☐ 5 pound boned leg of lamb
- ☐ 2 cups yogurt plain low-fat
- ☐ 0.1 teaspoon pepper

- ☐ 3.5 pounds potatoes red peeled quartered
- ☐ 0.8 teaspoon salt

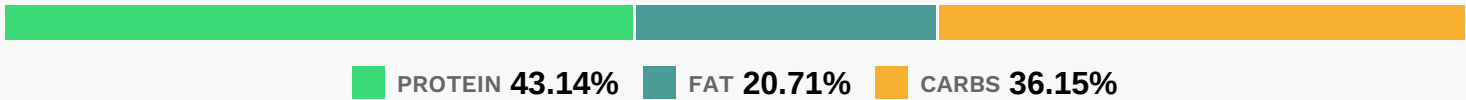
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Trim fat from lamb. Make several small slits in lamb; stuff with garlic slices.
- ☐ Combine yogurt and next 5 ingredients (yogurt through bay leaves) in a large zip-top bag; add lamb. Seal and marinate in refrigerator for at least 8 hours.
- ☐ Preheat oven to 45
- ☐ Remove lamb from bag, reserving marinade.
- ☐ Place lamb on a broiler pan; insert meat thermometer into thickest portion of lamb.
- ☐ Pour marinade over lamb; arrange potatoes around lamb. Lightly coat potatoes with cooking spray, and sprinkle with salt.
- ☐ Bake at 450 for 15 minutes. Reduce oven temperature to 325 (do not remove lamb from oven).
- ☐ Bake an additional 1 hour and 15 minutes or until thermometer registers 145 (medium-rare) to 160 (medium).
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:19.784347865892%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 273.86kcal (13.69%), Fat: 6.25g (9.61%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 22.13g (8.05%), Sugar: 4.6g (5.11%), Cholesterol: 78.65mg (26.22%), Sodium: 272.41mg (11.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.27g (58.54%), Vitamin B12: 3.44µg (57.39%), Vitamin B3: 9.02mg (45.11%), Selenium: 30.14µg (43.06%), Phosphorus: 372.65mg (37.27%), Zinc: 5.41mg (36.05%), Potassium: 1056.28mg (30.18%), Vitamin B2: 0.43mg (25.37%), Vitamin B6: 0.46mg (23.13%), Vitamin B1: 0.3mg (19.73%), Iron: 3.37mg (18.71%), Magnesium: 70.13mg (17.53%), Copper: 0.34mg (17.08%), Vitamin C: 12.44mg (15.08%), Vitamin B5: 1.48mg (14.78%), Folate: 57.2µg (14.3%), Manganese: 0.26mg (12.91%), Calcium: 101.83mg (10.18%), Fiber: 2.4g (9.6%), Vitamin K: 3.99µg (3.8%), Vitamin E: 0.3mg (1.98%), Vitamin A: 90IU (1.8%)