



Roast Leg of Lamb

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

READY IN



137 min.

SERVINGS



10

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 to 3 carrots chopped
- 5 stalks celery chopped
- 1 cloves several garlic
- 7 pound leg of lamb bone-in
- 2 to 3 onions chopped
- 10 servings oregano
- 10 servings bell pepper
- 10 servings salt

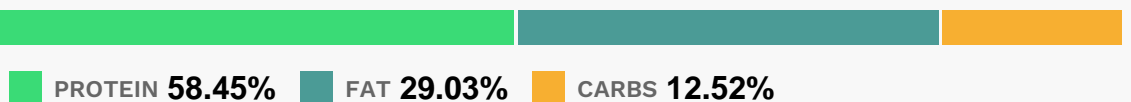
Equipment

- frying pan
- oven
- roasting pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 500 degrees F.
- Put the chopped onions, celery, and carrots in a roasting pan.
- Sprinkle with a little salt, pepper, and oregano.
- Add the garlic cloves.
- Place the lamb in the roasting pan on top of the vegetables. Season the lamb with a little more salt, pepper, and oregano.
- Place in the oven for 15 minutes.
- Add a couple of cups of water to the pan, enough so it doesn't stick.
- Lower the temperature to 350 degrees and cook for 90 minutes.
- Remove the lamb, strain the juice from the roasted vegetables left in the pan, and put into another pan. Take strained vegetable juice, and add just enough cornstarch to thicken. This is the lamb gravy.
- Slice the lamb and serve with gravy, roasted potatoes, and choice of vegetable.
- This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:17.28, Glycemic Load:1.91, Inflammation Score:-10, Nutrition Score:34.049564983534%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 295.11kcal (14.76%), Fat: 9.37g (14.42%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 6.07g (2.21%), Sugar: 4.95g (5.5%), Cholesterol: 128.02mg (42.67%), Sodium: 346.39mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.47g (84.93%), Vitamin C: 98.44mg (119.33%), Vitamin B12: 5.4µg (90.02%), Vitamin A: 4478IU (89.56%), Selenium: 47.37µg (67.68%), Vitamin B3: 13.45mg (67.25%), Zinc: 7.99mg (53.27%), Phosphorus: 422.83mg (42.28%), Vitamin B2: 0.59mg (34.91%), Vitamin B6: 0.63mg (31.45%), Potassium: 872.3mg (24.92%), Iron: 4.46mg (24.77%), Folate: 96.35µg (24.09%), Vitamin B1: 0.34mg (23%), Vitamin B5: 1.8mg (17.97%), Magnesium: 71.59mg (17.9%), Vitamin K: 17.43µg (16.6%), Copper: 0.29mg (14.66%), Vitamin E: 1.94mg (12.93%), Manganese: 0.25mg (12.66%), Fiber: 3.03g (12.13%), Calcium: 50.94mg (5.09%)