



Roast Leg of Lamb



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon mustard dry
- ☐ 4 pound leg of lamb trimmed
- ☐ 1 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup vinegar white

Equipment

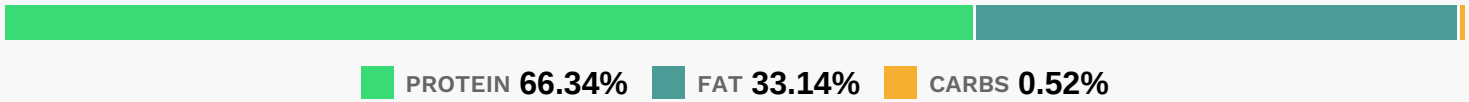
- ☐ bowl
- ☐ oven

- ☐roasting pan
- ☐kitchen thermometer

Directions

- ☐Stir together first 4 ingredients in a small bowl. Rub mixture over lamb, and place in a shallow roasting pan.
- ☐Bake lamb at 425 for 45 minutes; reduce oven temperature to 375, and bake 20 minutes or until a meat thermometer inserted into thickest portion registers 15
- ☐Let lamb stand for 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:11.884347803243%

Nutrients (% of daily need)

Calories: 148.98kcal (7.45%), Fat: 5.23g (8.05%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 0.19g (0.06%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.02g (0.02%), Cholesterol: 73.16mg (24.39%), Sodium: 419.88mg (18.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.15%), Vitamin B12: 3.09µg (51.44%), Selenium: 27.32µg (39.03%), Vitamin B3: 7.13mg (35.66%), Zinc: 4.41mg (29.37%), Phosphorus: 222.84mg (22.28%), Vitamin B2: 0.29mg (16.86%), Iron: 2.12mg (11.79%), Vitamin B1: 0.16mg (10.79%), Vitamin B6: 0.2mg (9.78%), Potassium: 334.68mg (9.56%), Vitamin B5: 0.83mg (8.27%), Magnesium: 32.02mg (8%), Copper: 0.15mg (7.43%), Folate: 26.65µg (6.66%), Manganese: 0.06mg (3.11%), Vitamin E: 0.26mg (1.76%)