



HEALTH SCORE

54%

Roast Leg of Lamb on a Bed of Potatoes and Wilted Greens



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



2110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 large garlic cloves minced thinly sliced
- ☐ 2 tablespoons honey
- ☐ 6 pounds leg of lamb
- ☐ 7 tablespoons olive oil extra-virgin

- ☐ 4 pounds yellow-fleshed potatoes
- ☐ 16 cups ribs removed mixed
- ☐ 4 teaspoons salt

Equipment

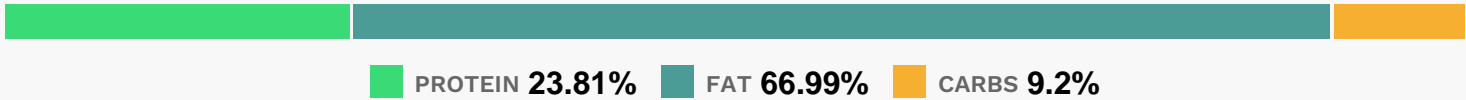
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ mandoline
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Preheat oven to 350°F. Trim all fat and silver skin from lamb.
- ☐ Cut small slits all over lamb with a sharp knife and put a slice of garlic and a pinch of thyme and rosemary into each slit.
- ☐ Peel potatoes and thinly slice about 1/16 inch thick with a mandoline or other manual slicer, then toss with 4 tablespoons oil, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper in a large bowl.
- ☐ Spread potatoes evenly in a 17- by 12- by 2-inch casserole or roasting pan. Put lamb on top of potatoes, then rub with honey and sprinkle with remaining 2 1/2 teaspoons salt and 1/2 teaspoon pepper.
- ☐ Roast lamb in middle of oven 1 hour, then drizzle with 1 tablespoon oil. Continue to roast until an instant-read thermometer inserted into thickest part of lamb (do not touch bone) registers 135°F for medium-rare, 30 to 45 minutes more.
- ☐ Let lamb stand, covered loosely with foil, 15 minutes.

- ☐
- While lamb stands, heat remaining 2 tablespoons oil in a 4- to 6-quart heavy pot over moderately high heat until hot but not smoking, then sauté minced garlic, stirring, until fragrant, about 30 seconds.
- ☐
- Add a handful of greens and sauté, tossing with tongs, then add more greens as preceding ones wilt and sauté until all greens are wilted and tender, 5 to 6 minutes total. Season with salt and pepper.
- ☐
- Transfer lamb to a cutting board and carve, then serve with potatoes and greens.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:31.44, Inflammation Score:-8, Nutrition Score:51.763043248135%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 2109.53kcal (105.48%), Fat: 156.63g (240.96%), Saturated Fat: 65.03g (406.46%), Carbohydrates: 48.39g (16.13%), Net Carbohydrates: 43.18g (15.7%), Sugar: 6.09g (6.77%), Cholesterol: 492.05mg (164.02%), Sodium: 1560.79mg (67.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 125.23g (250.45%), Vitamin B12: 13.12µg (218.68%), Selenium: 132.18µg (188.82%), Zinc: 27.15mg (181.01%), Vitamin B3: 33.79mg (168.95%), Vitamin B6: 2.79mg (139.69%), Phosphorus: 1114mg (111.4%), Vitamin B2: 1.61mg (94.7%), Iron: 13.68mg (76%), Potassium: 2622.15mg (74.92%), Vitamin C: 46.46mg (56.32%), Vitamin B1: 0.84mg (55.95%), Magnesium: 192.74mg (48.18%), Copper: 0.81mg (40.67%), Folate: 100.38µg (25.09%), Manganese: 0.47mg (23.58%), Vitamin B5: 2.23mg (22.32%), Fiber: 5.21g (20.85%), Vitamin K: 19.21µg (18.29%), Vitamin E: 2.26mg (15.08%), Calcium: 95.32mg (9.53%), Vitamin D: 0.95µg (6.31%), Vitamin A: 138.21IU (2.76%)