

food
network



HEALTH SCORE

59%

Roast Leg of Lamb, Pompeii Style



Gluten Free



Dairy Free



Very Healthy

READY IN

**110 min.**

SERVINGS

**6**

CALORIES

**553 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 2 teaspoons anchovy paste
- ☐ 0.3 balsamic reduction
- ☐ 1 carrots cut in 1-inch length pieces
- ☐ 1 stalk celery cut in 1-inch length pieces
- ☐ 5 dates dried pitted roughly chopped
- ☐ 0.3 cup cooking wine dry red
- ☐ 2 teaspoons thyme leaves fresh

- ☐ 1 teaspoon thyme leaves dried fresh
- ☐ 1 leg of lamb bone-in
- ☐ 0.3 cup olive oil
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 onion red cut into 1/2-inch cubes
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper black freshly ground

Equipment

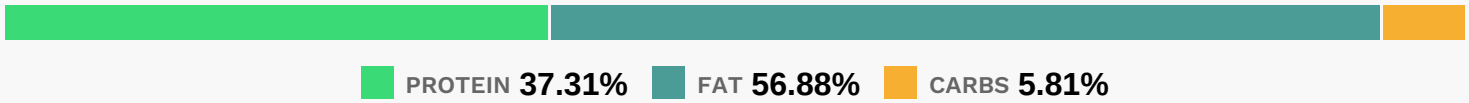
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ mortar and pestle

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ In a heavy-bottomed roasting pan, heat olive oil over medium heat.
- ☐ In a small bowl, combine the thyme with the anchovy paste. Season lamb with the salt and pepper, and smear lamb entirely with the thyme and anchovy paste mixture. Brown the lamb on all sides in the roasting pan.
- ☐ Add the onion, carrot, and celery and place lamb in oven. Roast for 1 hour and 30 minutes, or until meat is fork tender.
- ☐ Serve with the date sauce.
- ☐ Using a mortar and pestle (or food processor) combine thyme, dates, and anchovy paste, and pulverize into a paste.
- ☐ Add the red wine, balsamic reduction, and olive oil and continue to pulverize until completely combined. Season with salt and pepper.

Note: To make balsamic reduction, pour 1 cup balsamic vinegar into a sauce pan and simmer over low heat. Reduce down to 1/4 cup to make a syrup, or reduction, of balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:46.64, Glycemic Load:2.82, Inflammation Score:-9, Nutrition Score:29.497390916814%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 552.82kcal (27.64%), Fat: 34.12g (52.5%), Saturated Fat: 7.09g (44.34%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 6.51g (2.37%), Sugar: 5.06g (5.62%), Cholesterol: 154.89mg (51.63%), Sodium: 465.24mg (20.23%), Alcohol: 1.05g (100%), Alcohol %: 0.42% (100%), Protein: 50.37g (100.73%), Vitamin B12: 6.45µg (107.56%), Selenium: 58.29µg (83.27%), Vitamin B3: 15.66mg (78.31%), Zinc: 9.31mg (62.1%), Phosphorus: 482.28mg (48.23%), Vitamin B2: 0.63mg (37.02%), Vitamin A: 1778.58IU (35.57%), Iron: 4.93mg (27.38%), Vitamin E: 4.03mg (26.86%), Vitamin B1: 0.36mg (23.72%), Potassium: 826.83mg (23.62%), Vitamin B6: 0.47mg (23.26%), Magnesium: 74.41mg (18.6%), Vitamin B5: 1.85mg (18.48%), Copper: 0.34mg (17.16%), Vitamin K: 17.9µg (17.05%), Folate: 64.53µg (16.13%), Manganese: 0.15mg (7.55%), Fiber: 1.34g (5.34%), Vitamin C: 3.79mg (4.59%), Calcium: 38.6mg (3.86%)