



Roast Leg of Lamb with Almond-Mint Pesto



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



12

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups almonds toasted sliced
- ☐ 7 cups mint leaves fresh loosely packed (from 3 large bunches)
- ☐ 12 servings salt and pepper
- ☐ 5 lbs leg of lamb
- ☐ 2 tbsp juice of lemon
- ☐ 0.3 cup lemon zest (from 4 to 5 lemons)
- ☐ 1.8 cups olive oil extra virgin extra-virgin divided
- ☐ 1.5 teaspoons pepper red

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ kitchen twine

Directions

- ☐ Remove twine from lamb and trim off all but a thin layer of fat. Pat dry, season generously with salt and pepper, and rub with 1 tbsp. oil. Unfold roast and season inside the same way. Chill 1 to 2 days.
- ☐ Blanch mint 3 to 4 seconds in a pot of boiling water (this will help keep leaves bright).
- ☐ Drain immediately, rinse with cold water, and gently roll in paper towels to dry.
- ☐ Put mint, almonds, 1/3 cup oil, the lemon zest and 2 tbsp. juice, the chile flakes, 1 tbsp. salt, and 1 1/2 tsp. pepper in a food processor and pulse into a coarse paste.
- ☐ Take lamb out of refrigerator about 1 hour before cooking.
- ☐ Spread about a third of paste over inside of lamb, leaving a 1/2-in. border. To remaining paste, add 1 cup oil; season with salt, pepper, and more lemon juice. Set aside.
- ☐ Roll up lamb and tie it at 1-in. intervals with kitchen twine.
- ☐ Preheat oven to 45
- ☐ Heat a large cast-iron frying pan over medium-high heat. Swirl in 1 tbsp. oil and brown lamb all over, 5 to 8 minutes. Slide pan of lamb into oven and turn heat down to 25
- ☐ Roast lamb, basting every half-hour with pan drippings and turning over halfway through, until it registers 135 at thickest part for medium-rare, 1 to 1 3/4 hours.
- ☐ Let roast rest 20 minutes.
- ☐ Remove twine. Slice across the grain and serve with sauce.

Nutrition Facts



 PROTEIN 37.34%  FAT 53.16%  CARBS 9.5%

Properties

Glycemic Index:0.83, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:21.34173908441%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 8.27mg, Eriodictyol: 8.27mg, Eriodictyol: 8.27mg, Eriodictyol: 8.27mg Hesperetin: 3.03mg, Hesperetin: 3.03mg, Hesperetin: 3.03mg, Hesperetin: 3.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 3.36mg, Luteolin: 3.36mg, Luteolin: 3.36mg, Luteolin: 3.36mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 295.57kcal (14.78%), Fat: 17.7g (27.24%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 3.2g (1.16%), Sugar: 0.69g (0.77%), Cholesterol: 76.2mg (25.4%), Sodium: 280.28mg (12.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.97%), Vitamin B12: 3.21µg (53.58%), Vitamin B3: 8.32mg (41.62%), Selenium: 28.53µg (40.75%), Zinc: 5.24mg (34.94%), Phosphorus: 305.55mg (30.55%), Manganese: 0.61mg (30.26%), Vitamin B2: 0.5mg (29.61%), Vitamin E: 4.22mg (28.13%), Vitamin A: 1190.82IU (23.82%), Iron: 4.03mg (22.39%), Magnesium: 85.13mg (21.28%), Copper: 0.36mg (18.02%), Potassium: 589.58mg (16.85%), Folate: 63.29µg (15.82%), Fiber: 3.91g (15.66%), Vitamin C: 12.76mg (15.46%), Vitamin B1: 0.21mg (14.31%), Vitamin B6: 0.26mg (13.15%), Calcium: 106.6mg (10.66%), Vitamin B5: 1.01mg (10.14%), Vitamin K: 4.06µg (3.86%)