



Roast Leg of Lamb with Balsamic Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 teaspoons rosemary leaves dried fresh
- ☐ 3 cloves garlic
- ☐ 5 lb leg of lamb
- ☐ 3 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 24 oz onions peeled quartered
- ☐ 1 teaspoon oregano dried

- ☐ 10 servings rosemary sprigs
- ☐ 10 servings salt and pepper

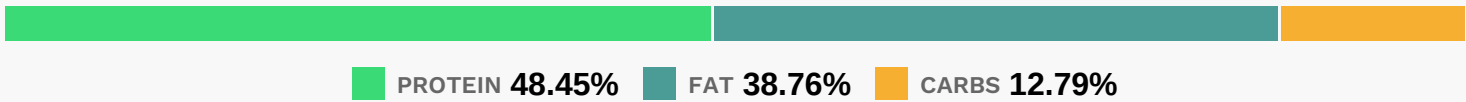
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ In a bowl, mix onions with 2 tablespoons olive oil and the balsamic vinegar.
- ☐ Sprinkle lightly with salt and pepper.
- ☐ Let stand at least 5 minutes, stirring occasionally.
- ☐ Meanwhile, rinse lamb; trim off and discard excess surface fat.
- ☐ Cut 1/2-inch slits all over the leg and insert garlic slivers. Rub lamb with 1 tablespoon olive oil and the lemon juice, then pat rosemary leaves and oregano onto meat.
- ☐ Sprinkle with salt and pepper. Set lamb in an 11- by 17-inch roasting pan. Spoon onions and marinade around lamb.
- ☐ Roast in a 375 oven until a thermometer inserted in thickest part of leg to the bone registers 140 for medium-rare, 1 hour and 10 minutes to 1 1/2 hours; or 150 for medium, 1 hour and 20 minutes to 1 hour and 40 minutes. If drippings begin to burn, add water 1/4 cup at a time as needed.
- ☐ Transfer lamb to a board or platter and, keeping warm, let stand 10 to 15 minutes. Keep onions warm in pan while lamb rests. Spoon onions and drippings around lamb; garnish with rosemary sprigs. Slice meat and serve with onions and juices.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:1.91, Inflammation Score:-6, Nutrition Score:17.081739329773%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.84mg, Quercetin: 13.84mg, Quercetin: 13.84mg, Quercetin: 13.84mg

Nutrients (% of daily need)

Calories: 254.67kcal (12.73%), Fat: 10.75g (16.54%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 6.67g (2.42%), Sugar: 3.73g (4.15%), Cholesterol: 91.44mg (30.48%), Sodium: 286.59mg (12.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.49%), Vitamin B12: 3.86µg (64.3%), Selenium: 34.06µg (48.66%), Vitamin B3: 9mg (45.01%), Zinc: 5.63mg (37.52%), Phosphorus: 298.52mg (29.85%), Vitamin B2: 0.38mg (22.28%), Vitamin B6: 0.34mg (17.08%), Iron: 2.93mg (16.26%), Vitamin B1: 0.24mg (15.67%), Potassium: 529.58mg (15.13%), Folate: 47.52µg (11.88%), Magnesium: 47.24mg (11.81%), Vitamin B5: 1.13mg (11.26%), Copper: 0.21mg (10.66%), Vitamin C: 7.13mg (8.64%), Manganese: 0.16mg (7.82%), Vitamin E: 0.98mg (6.51%), Fiber: 1.32g (5.28%), Vitamin K: 4.06µg (3.87%), Calcium: 32.12mg (3.21%)