



Roast Leg of Lamb with Chile-Garlic Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound leg of lamb boneless trimmed
- ☐ 2 tablespoons olive oil
- ☐ 0.1 teaspoon salt
- ☐ 0.8 teaspoon salt

☐ 1 tablespoon sambal oelek fresh (ground chile paste)

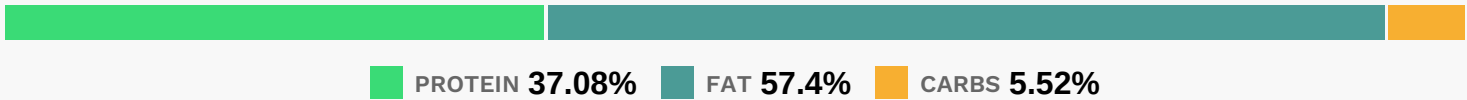
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ mortar and pestle
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Preheat oven to 425
- ☐ To prepare lamb, sprinkle lamb evenly with 3/4 teaspoon salt and pepper.
- ☐ Place lamb on a broiler pan coated with cooking spray.
- ☐ Bake at 425 for 21 minutes or until a thermometer inserted in thickest part of roast registers 125
- ☐ Place lamb on a cutting board; let stand at room temperature 10 minutes before slicing.
- ☐ To prepare sauce, combine sambal oelek and next 4 ingredients (through garlic) with a mortar and pestle; grind into a fine paste. Slowly drizzle oil into sambal mixture, stirring until thoroughly combined.
- ☐ Serve sauce with lamb.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:8.5539130568504%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 162.77kcal (8.14%), Fat: 10.33g (15.89%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 2.02g (0.74%), Sugar: 0.39g (0.43%), Cholesterol: 45.72mg (15.24%), Sodium: 554.83mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.03%), Vitamin B12: 1.93µg (32.15%), Selenium: 17.21µg (24.59%), Vitamin B3: 4.55mg (22.74%), Zinc: 2.8mg (18.65%), Phosphorus: 145.56mg (14.56%), Vitamin B2: 0.19mg (10.91%), Iron: 1.62mg (9.03%), Vitamin E: 1.19mg (7.92%), Vitamin B6: 0.16mg (7.88%), Vitamin B1: 0.11mg (7.35%), Potassium: 239.84mg (6.85%), Magnesium: 22.1mg (5.52%), Copper: 0.11mg (5.45%), Vitamin B5: 0.53mg (5.31%), Manganese: 0.1mg (4.93%), Vitamin K: 4.72µg (4.5%), Folate: 16.97µg (4.24%), Vitamin C: 1.39mg (1.68%), Calcium: 13.87mg (1.39%)