



Roast Leg of Lamb with Dark Beer, Honey and Thyme

 Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 3 tablespoons olive oil extra virgin
- 3 tablespoon thyme leaves fresh
- 4 cloves garlic chopped
- 0.5 cup honey
- 1 teaspoon juniper berries crushed
- 8 servings kosher salt and pepper black freshly ground

- 7 pound leg of lamb bone in (have your butcher do this)
- 2 cups stout beer (recommended: Guinness)

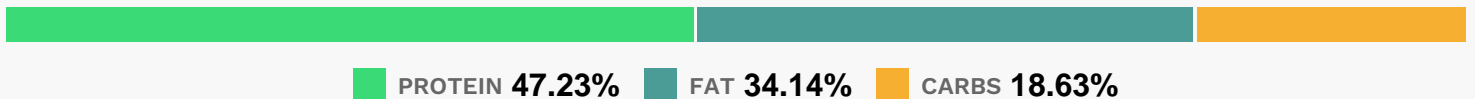
Equipment

- bowl
- frying pan
- oven
- roasting pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F.
- Open the leg of lamb and season the inside with half the garlic, half the thyme leaves, 1 tablespoon olive oil, salt, and pepper. Tie the lamb closed with string.
- Place it in a roasting pan, season with salt and pepper, and brush it with olive oil. In a bowl mix the beer, honey, remaining garlic and thyme, juniper berries, and bay leaves.
- Pour this over the lamb and put the roasting pan into oven. Immediately turn the oven down to 325 degrees F. Baste every 10 minutes. Cook 12 to 13 minutes per pound for medium rare or until internal temperature reaches 130 to 135 degrees F.
- Remove the roast from the oven, cover it loosely with foil and allow it to rest for about 10 minutes before carving.
- Serve with pan drippings.

Nutrition Facts



Properties

Glycemic Index:19.91, Glycemic Load:9.38, Inflammation Score:-10, Nutrition Score:26.663478079049%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 458.16kcal (22.91%), Fat: 16.68g (25.67%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 20.02g (7.28%), Sugar: 17.41g (19.35%), Cholesterol: 160.03mg (53.34%), Sodium: 156.5mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.94g (103.88%), Vitamin B12: 6.75µg (112.52%), Selenium: 59.15µg (84.5%), Vitamin B3: 15.66mg (78.32%), Zinc: 9.72mg (64.77%), Phosphorus: 488.69mg (48.87%), Vitamin B2: 0.65mg (38.09%), Iron: 5.17mg (28.74%), Vitamin B1: 0.35mg (23.63%), Vitamin B6: 0.46mg (22.93%), Potassium: 757.16mg (21.63%), Vitamin B5: 1.84mg (18.36%), Magnesium: 72.71mg (18.18%), Copper: 0.34mg (17.16%), Folate: 59.22µg (14.81%), Vitamin E: 1.31mg (8.72%), Manganese: 0.16mg (8.1%), Vitamin C: 4.79mg (5.8%), Vitamin K: 3.35µg (3.19%), Calcium: 30.32mg (3.03%), Vitamin A: 126.94IU (2.54%), Fiber: 0.47g (1.89%)