



Roast Leg of Lamb with Fresh Mint Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon leaves chopped
- ☐ 8 servings bell pepper black
- ☐ 2 cups mint leaves fresh
- ☐ 10 sprigs parsley fresh
- ☐ 2 sprigs rosemary fresh
- ☐ 2 sprigs thyme leaves fresh
- ☐ 4 cloves garlic peeled
- ☐ 8 servings kosher salt

- ☐ 3 tablespoons olive oil
- ☐ 1 onion red peeled halved lengthwise sliced
- ☐ 1 cup seasoned rice vinegar
- ☐ 8 lb or bone-in
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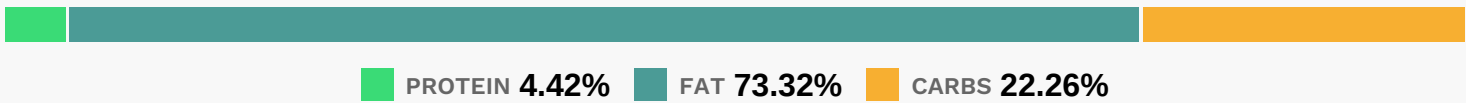
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450F. In a large, heavy roasting pan, toss together onion, 1 Tbsp. olive oil and garlic. Top with parsley, rosemary sprigs and thyme sprigs.
- ☐ Place lamb on herb sprigs. In a small bowl, mix together remaining 2 Tbsp. oil, chopped rosemary and chopped thyme; season with salt and pepper. Coat lamb with mixture.
- ☐ Roast lamb for 15 minutes; reduce oven temperature to 350F and roast, basting every 15 minutes, until a meat thermometer inserted in thickest part of meat away from bone registers 145F for medium-rare, 1 hour and 15 minutes to 2 hours.
- ☐ Make mint sauce: Coarsely chop mint.
- ☐ Transfer to a bowl and stir in vinegar.
- ☐ Let lamb rest, covered with foil, for 15 minutes. Carve lamb and serve with mint sauce.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:4.230434767578%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 3.31mg, Apigenin: 3.31mg, Apigenin: 3.31mg, Apigenin: 3.31mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 68.78kcal (3.44%), Fat: 5.4g (8.3%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 2.41g (0.88%), Sugar: 0.62g (0.69%), Cholesterol: 0mg (0%), Sodium: 199.58mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin K: 23.9µg (22.77%), Vitamin A: 597.54IU (11.95%), Manganese: 0.21mg (10.67%), Vitamin C: 7.14mg (8.65%), Vitamin E: 0.77mg (5.14%), Fiber: 1.27g (5.09%), Iron: 0.8mg (4.47%), Folate: 17.56µg (4.39%), Calcium: 38.66mg (3.87%), Magnesium: 12.31mg (3.08%), Potassium: 100.84mg (2.88%), Copper: 0.05mg (2.68%), Vitamin B6: 0.05mg (2.61%), Vitamin B2: 0.04mg (2.23%), Phosphorus: 16.95mg (1.69%), Vitamin B1: 0.02mg (1.32%), Zinc: 0.19mg (1.26%), Vitamin B3: 0.24mg (1.2%)