



Roast Leg of Lamb with Herbs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon bay leaves dried crumbled crushed
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 5 lb leg of lamb
- ☐ 3 tablespoons wine dry white
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon paprika
- ☐ 2 tablespoons parsley chopped

- ☐ 0.5 teaspoon pepper
- ☐ 8 servings salt

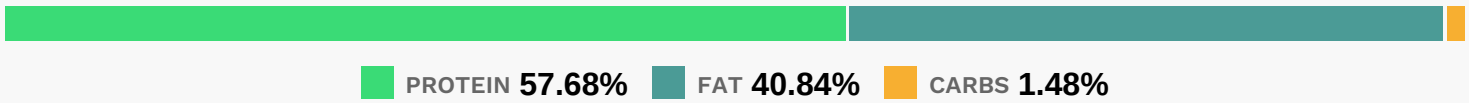
Equipment

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

Directions

- ☐ Rinse lamb and pat dry; trim off and discard excess surface fat.
- ☐ In a small bowl, mix wine, parsley, mint, olive oil, garlic, paprika, bay leaves, and 1/2 teaspoon pepper. Rub all over lamb.
- ☐ Set lamb on a rack in an 11- by 17-inch pan. Roast in a 375 regular or convection oven until a thermometer inserted through thickest part of meat to the bone registers 140 for medium-rare, about 1 1/2 hours, or 150 for medium, about 1 3/4 hours. If drippings begin to burn, pour water into pan, 1/4 cup at a time, as needed.
- ☐ Transfer lamb to a rimmed board or platter and, keeping it warm, let stand 10 to 15 minutes. Slice meat from the bone to serve.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:20.092173990996%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.23mg, Apigenin: 2.23mg,

Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg
Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin:
0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg,
Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 267.93kcal (13.4%), Fat: 11.62g (17.87%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 0.95g (0.32%), Net
Carbohydrates: 0.67g (0.24%), Sugar: 0.1g (0.11%), Cholesterol: 114.31mg (38.1%), Sodium: 306.19mg (13.31%),
Alcohol: 0.58g (100%), Alcohol %: 0.38% (100%), Protein: 36.91g (73.83%), Vitamin B12: 4.82µg (80.37%), Selenium:
42.14µg (60.2%), Vitamin B3: 11.2mg (56.01%), Zinc: 6.91mg (46.1%), Phosphorus: 349.73mg (34.97%), Vitamin B2:
0.46mg (26.83%), Iron: 3.5mg (19.43%), Vitamin K: 18.95µg (18.05%), Vitamin B1: 0.26mg (17.01%), Vitamin B6:
0.33mg (16.36%), Potassium: 544.29mg (15.55%), Vitamin B5: 1.31mg (13.11%), Magnesium: 51.21mg (12.8%), Copper:
0.24mg (11.87%), Folate: 44.26µg (11.07%), Vitamin E: 0.98mg (6.53%), Vitamin A: 261.64IU (5.23%), Manganese:
0.1mg (5.17%), Vitamin C: 2.04mg (2.48%), Calcium: 18.78mg (1.88%), Fiber: 0.27g (1.1%)