



WHATSheATE



HEALTH SCORE

81%

Roast Leg of Lamb with Mint, Garlic, and Lima Bean Purée



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings coarse kosher salt
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 2 garlic cloves minced
- ☐ 5.3 pound leg of lamb boneless trimmed
- ☐ 8 servings lima bean puree

- ☐ 8 servings mint sprigs fresh
- ☐ 0.3 cup olive oil

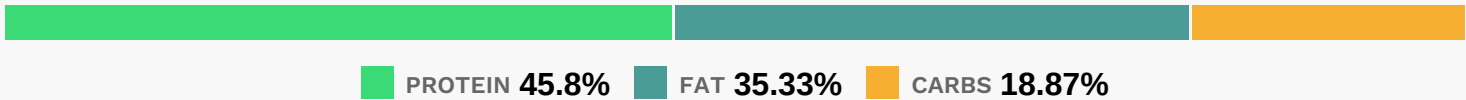
Equipment

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

Directions

- ☐ Preheat oven to 450°F.
- ☐ Mix oil, chopped mint, parsley, rosemary, and garlic in small bowl.
- ☐ Place lamb, cut side up, on work surface.
- ☐ Sprinkle lamb generously with coarse salt and pepper and rub into meat.
- ☐ Spread herb mixture over top of lamb, then roll up, enclosing herb mixture completely.
- ☐ Sprinkle outside of lamb with coarse salt and pepper. Tie lamb with kitchen string at 2-inch intervals.
- ☐ Place lamb in roasting pan. Roast until instant-read thermometer inserted into thickest part of meat registers 130°F for medium-rare, about 1 hour 15 minutes.
- ☐ Remove pan from oven; let lamb rest 15 minutes.
- ☐ Remove kitchen string from lamb.
- ☐ Cut lamb into 3/4-inch-thick slices; arrange on platter.
- ☐ Garnish with mint sprigs.
- ☐ Serve with Lima Bean Puree.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:3.85, Inflammation Score:-6, Nutrition Score:28.671739236168%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 402.42kcal (20.12%), Fat: 15.59g (23.99%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 12.41g (4.51%), Sugar: 2.52g (2.8%), Cholesterol: 120.02mg (40.01%), Sodium: 313.9mg (13.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.47g (90.93%), Vitamin B12: 5.06µg (84.39%), Selenium: 48.05µg (68.64%), Vitamin B3: 12.12mg (60.59%), Zinc: 8.08mg (53.84%), Phosphorus: 461.55mg (46.16%), Vitamin K: 36.55µg (34.81%), Iron: 5.78mg (32.09%), Vitamin B2: 0.53mg (30.92%), Folate: 120.4µg (30.1%), Potassium: 1007.71mg (28.79%), Vitamin B1: 0.41mg (27.08%), Manganese: 0.54mg (26.78%), Fiber: 6.33g (25.3%), Vitamin B6: 0.47mg (23.61%), Magnesium: 90.9mg (22.72%), Copper: 0.45mg (22.61%), Vitamin B5: 1.74mg (17.35%), Vitamin E: 1.55mg (10.36%), Vitamin A: 267.55IU (5.35%), Vitamin C: 3.55mg (4.3%), Calcium: 36.64mg (3.66%)