



 **100%**  
HEALTH SCORE

## Roast Leg of Lamb with Potatoes and Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.8 cups beef broth canned
- ☐ 2 teaspoons savory dried fresh minced
- ☐ 1 teaspoon rosemary or dried fresh minced
- ☐ 1 tablespoon thyme or dried fresh minced
- ☐ 3 large garlic cloves thinly sliced
- ☐ 0.8 teaspoon ground pepper black
- ☐ 6 pound leg of lamb bone-in fat trimmed
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 8 cups onions thinly sliced
- ☐ 3.5 pounds russet potatoes unpeeled cut into 1/4-inch-thick rounds
- ☐ 1 teaspoon salt

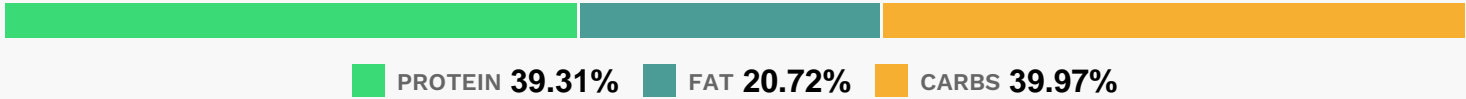
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 400°F. Using small sharp knife, cut 1-inch-deep, 1/2-inch-long slits all over lamb. Insert garlic slices into slits. Rub oil all over lamb.
- ☐ Mix thyme, savory, rosemary, salt and pepper in small bowl. Rub herb mixture all over lamb. Set aside.
- ☐ Generously butter large roasting pan.
- ☐ Combine potatoes, onions and stock in large pot (stock will not cover vegetables). Bring to boil. Reduce heat, cover and simmer until potatoes are halfway tender, about 10 minutes.
- ☐ Transfer potato mixture to prepared pan; spread evenly in pan.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake 10 minutes. Reduce oven temperature to 375°F.
- ☐ Place lamb in roasting pan atop potato mixture. Roast until thermometer inserted into thickest part of lamb registers 130°F. for medium-rare, about 1 hour 50 minutes.
- ☐ Remove from oven. Tent with foil and let stand 15 minutes.
- ☐ Thinly slice lamb. Arrange lamb on large platter. Surround with potato mixture and any juices from pan and serve.

# Nutrition Facts



## Properties

Glycemic Index:28.96, Glycemic Load:42.18, Inflammation Score:-9, Nutrition Score:45.799565056096%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 43.33mg, Quercetin: 43.33mg, Quercetin: 43.33mg, Quercetin: 43.33mg

## Nutrients (% of daily need)

Calories: 690.48kcal (34.52%), Fat: 15.87g (24.41%), Saturated Fat: 5.18g (32.39%), Carbohydrates: 68.87g (22.96%), Net Carbohydrates: 61.45g (22.35%), Sugar: 10.71g (11.9%), Cholesterol: 182.89mg (60.96%), Sodium: 847.65mg (36.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.74g (135.49%), Vitamin B12: 7.76µg (129.41%), Vitamin B3: 21.38mg (106.91%), Selenium: 70.03µg (100.04%), Vitamin B6: 1.69mg (84.27%), Zinc: 12.17mg (81.12%), Phosphorus: 772.1mg (77.21%), Potassium: 2293.81mg (65.54%), Vitamin B2: 0.88mg (51.69%), Iron: 8.95mg (49.71%), Vitamin B1: 0.72mg (48.23%), Manganese: 0.88mg (43.94%), Magnesium: 163.17mg (40.79%), Vitamin C: 31.69mg (38.41%), Folate: 146.63µg (36.66%), Copper: 0.73mg (36.5%), Vitamin B5: 3.14mg (31.43%), Fiber: 7.43g (29.7%), Vitamin K: 18.89µg (17.99%), Calcium: 122.26mg (12.23%), Vitamin E: 1.09mg (7.25%)