



HEALTH SCORE

61%

Roast Leg of Lamb with Rosemary and Garlic



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tablespoons rosemary leaves fresh minced



1 garlic clove minced



6 pound leg of lamb trimmed



1 tablespoon lemon zest finely grated



2 tablespoons olive oil



8 servings rosemary leaves fresh



0.3 cup water

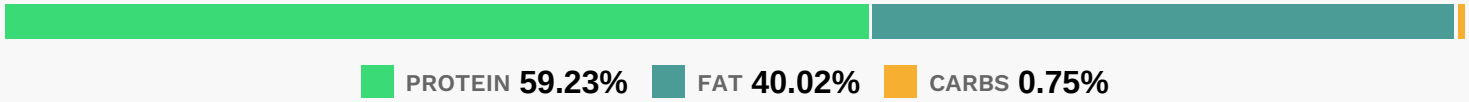
Equipment

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

Directions

- ☐ Place lamb, fat side up, in large roasting pan.
- ☐ Sprinkle with salt.
- ☐ Mix oil, minced rosemary, lemon peel and garlic in bowl. Rub over lamb.
- ☐ Preheat oven to 350°F. Roast lamb until thermometer inserted into thickest part registers 130°F for medium-rare, basting occasionally with pan juices, about 1hours.
- ☐ Transfer to platter. Tent loosely with foil; let stand for 15 minutes.
- ☐ Spoon off fat from drippings in roasting pan; add 1/4 cup water to pan.
- ☐ Place on burner over medium heat.
- ☐ Add any lamb juices from platter. Bring to boil, scraping up browned bits on bottom of pan. Season with salt. Keep warm.
- ☐ Cut lamb into thin slices; arrange on platter.
- ☐ Pour pan juices over.
- ☐ Garnish with rosemary sprigs.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:22.519999726959%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 308.15kcal (15.41%), Fat: 13.26g (20.4%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0.04g (0.04%), Cholesterol: 137.17mg (45.72%), Sodium: 133.82mg (5.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.15g (88.3%), Vitamin B12: 5.79µg (96.45%), Selenium: 50.42µg (72.03%), Vitamin B3: 13.37mg (66.86%), Zinc: 8.25mg (55.01%), Phosphorus: 415.3mg (41.53%), Vitamin B2: 0.54mg (31.71%), Iron: 4.03mg (22.4%), Vitamin B1: 0.3mg (20.12%), Vitamin B6: 0.38mg (18.77%), Potassium: 632.15mg (18.06%), Vitamin B5: 1.56mg (15.6%), Magnesium: 59.51mg (14.88%), Copper: 0.28mg (13.88%), Folate: 51.04µg (12.76%), Vitamin E: 0.98mg (6.52%), Manganese: 0.07mg (3.61%), Vitamin K: 2.11µg (2.01%), Calcium: 19.55mg (1.96%), Vitamin C: 1.41mg (1.71%), Fiber: 0.3g (1.2%)