



Roast Leg of Lamb with Salsa Verde



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brined capers salted cold drained chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup green onions finely chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 5.5 pound leg of lamb boneless trimmed
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated

- ☐ 1 cup olive oil extra-virgin
- ☐ 0.5 cup parsley fresh italian chopped
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt

Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Stir first 10 ingredients in large bowl for salsa verde.
- ☐ Place lamb on work surface, smooth-side down.
- ☐ Sprinkle lamb with salt and pepper, then garlic. Rub 1/4 cup salsa verde into lamb.
- ☐ Roll up lamb. Using kitchen string, tie lamb every 2-inches to hold together. (Lamb and salsa verde can be prepared 1 day ahead. Cover separately and chill.
- ☐ Let lamb and salsa verde stand at room temperature 1 hour before continuing.)
- ☐ Preheat oven to 450°F.
- ☐ Place lamb on rack in roasting pan. Roast until thermometer inserted into thickest part of lamb registers 120°F for medium-rare, about 1 hour and 20 minutes.
- ☐ Let stand at room temperature 15 minutes.
- ☐ Transfer lamb to cutting board; remove kitchen string.
- ☐ Cut crosswise into thin slices. Arrange sliced lamb on platter. Spoon some salsa verde over.
- ☐ Serve lamb, passing remaining salsa alongside.

Nutrition Facts



 **PROTEIN 53.81%**  **FAT 42.68%**  **CARBS 3.51%**

Properties

Glycemic Index:15.75, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:25.800435200981%

Flavonoids

Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 7.3mg, Kaempferol: 7.3mg, Kaempferol: 7.3mg, Kaempferol: 7.3mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg

Nutrients (% of daily need)

Calories: 310kcal (15.5%), Fat: 14.42g (22.19%), Saturated Fat: 3.94g (24.64%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.59g (0.65%), Cholesterol: 125.74mg (41.91%), Sodium: 569.67mg (24.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.92g (81.84%), Vitamin B12: 5.3µg (88.41%), Vitamin K: 75.07µg (71.5%), Selenium: 46.46µg (66.37%), Vitamin B3: 12.41mg (62.05%), Zinc: 7.66mg (51.08%), Phosphorus: 387.87mg (38.79%), Vitamin B2: 0.51mg (30.29%), Iron: 4.13mg (22.97%), Vitamin B1: 0.29mg (19.28%), Vitamin B6: 0.37mg (18.33%), Potassium: 635.37mg (18.15%), Vitamin C: 13.64mg (16.53%), Magnesium: 60.37mg (15.09%), Folate: 59.65µg (14.91%), Vitamin B5: 1.47mg (14.7%), Copper: 0.29mg (14.55%), Vitamin A: 463.85IU (9.28%), Vitamin E: 1.38mg (9.22%), Manganese: 0.12mg (5.9%), Calcium: 30.5mg (3.05%), Fiber: 0.74g (2.96%)