



Roast Leg of Lamb with Tarragon-Mint Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings kosher salt
- ☐ 2 cups wine dry red
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 3 tablespoons tarragon fresh chopped
- ☐ 6.5 pound leg of lamb with bone, well trimmed
- ☐ 1.3 cups chicken broth
- ☐ 1 sprigs tarragon fresh (for garnish)
- ☐ 2 tablespoons olive oil

- ☐ 1 tablespoon orange zest very thin (orange part only)
- ☐ 2 teaspoons orange zest finely grated
- ☐ 4 teaspoons tarragon vinegar
- ☐ 0.8 cup butter unsalted room temperature ()

Equipment

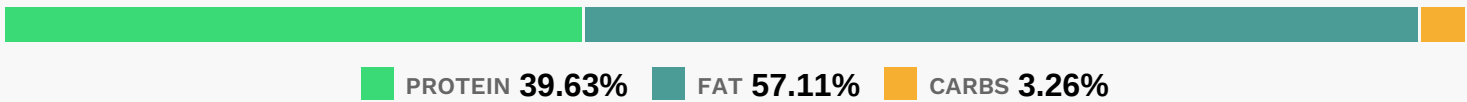
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Stir butter, tarragon, mint, tarragon vinegar, and 2 teaspoons coarse salt in medium bowl until well blended.
- ☐ Transfer 1/4 cup herb butter to small bowl and reserve for vegetables. DO AHEAD: Can be made 1 day ahead. Cover both bowls and chill. Bring medium bowl of herb butter to room temperature before using.
- ☐ Using small sharp knife, make 1-inch-deep slits all over lamb. Insert 3 or 4 orange peel strips into each slit. DO AHEAD: Can be made 1 day ahead. Enclose lamb in plastic wrap and chill.
- ☐ Position rack in bottom third of oven and preheat to 450°F.
- ☐ Heat oil in very large skillet over medium-high heat.
- ☐ Sprinkle lamb with coarse salt and pepper.
- ☐ Add lamb to skillet; cook until brown on all sides, about 8 minutes.
- ☐ Transfer to roasting pan.
- ☐ Brush with 2 tablespoons herb butter. Roast lamb 15 minutes.
- ☐ Brush again with 2 tablespoons herb butter.

- ☐ Reduce temperature to 350°F. Continueto roast lamb until thermometer insertedinto thickest part registers 135°F to140°F for medium–rare, about 55 minutes.
- ☐ Transfer lamb to platter; reserve pan. Tentlamb loosely with foil; let rest 30 minutes.
- ☐ Spoon fat off any juices in roasting pan.
- ☐ Place pan over 2 burners on high heat.
- ☐ Addwine and broth and bring to boil, whiskingto scrape up browned bits. Boil until sauceis reduced to 2 cups, about 5 minutes.
- ☐ Whisk in remaining herb butter and gratedorange peel. Season sauce to taste withcoarse salt and pepper.
- ☐ Spoon vegetables around lamb onplatter; garnish with fresh herb sprigs.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.86, Inflammation Score:-7, Nutrition Score:27.297826113908%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 548.27kcal (27.41%), Fat: 31.7g (48.76%), Saturated Fat: 15.28g (95.51%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.59g (1.3%), Sugar: 0.06g (0.07%), Cholesterol: 194.35mg (64.78%), Sodium: 354.41mg (15.41%), Alcohol: 6.3g (100%), Alcohol %: 2.19% (100%), Protein: 49.49g (98.98%), Vitamin B12: 6.34µg (105.74%), Selenium: 54.93µg (78.47%), Vitamin B3: 15.31mg (76.57%), Zinc: 9.11mg (60.74%), Phosphorus: 475.75mg (47.57%), Vitamin B2: 0.64mg (37.89%), Iron: 5.37mg (29.82%), Vitamin B6: 0.47mg (23.66%), Potassium: 810.21mg (23.15%),

Vitamin B1: 0.34mg (22.42%), Magnesium: 75.29mg (18.82%), Copper: 0.34mg (17.15%), Vitamin B5: 1.71mg (17.08%), Folate: 64.43µg (16.11%), Manganese: 0.31mg (15.48%), Vitamin A: 737.47IU (14.75%), Vitamin E: 1.51mg (10.08%), Calcium: 60.23mg (6.02%), Vitamin C: 3.73mg (4.53%), Vitamin K: 3.6µg (3.43%), Vitamin D: 0.32µg (2.13%), Fiber: 0.5g (1.98%)