



Roasted Lamb Breast



Gluten Free



Dairy Free



Very Healthy

READY IN



175 min.

SERVINGS



4

CALORIES



1370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup flat parsley italian chopped
- ☐ 2 cloves garlic crushed
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon honey
- ☐ 1 juice of lemon juiced

- ☐ 4 pounds lamb breast separated
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 pinch salt
- ☐ 1 teaspoon herb seasoning dried italian
- ☐ 0.3 cup citrus champagne vinegar as needed

Equipment

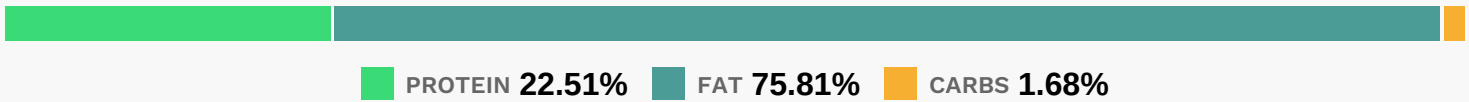
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Combine chopped parsley, vinegar, fresh lemon juice, garlic, honey, red pepper flakes, and salt in a large bowl.
- ☐ Mix well and set aside.
- ☐ Whisk olive oil, salt, cumin, black pepper, dried Italian herbs, cinnamon, coriander, and paprika in a large bowl until combined.
- ☐ Coat each lamb breasts in the olive oil and spice mixture and transfer to a roasting pan, fat side up.
- ☐ Tightly cover roasting pan with aluminum foil and bake in the preheated oven until the meat is tender when pierced with a fork, about 2 hours.
- ☐ Remove lamb from oven and cut into four pieces.
- ☐ Increase oven temperature to 450 degrees F (230 degrees C).

- ☐ Line a baking sheet with aluminum foil and place lamb pieces on it.
- ☐ Brush the tops of each piece with fat drippings from the roasting pan.
- ☐ Bake lamb until meat is browned and edges are crispy, about 20 minutes.
- ☐ Increase the oven's broiler to high and brown lamb for 4 minutes.
- ☐ Remove from oven.
- ☐ Serve lamb topped with parsley and vinegar sauce.

Nutrition Facts



Properties

Glycemic Index:44.07, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:42.893913144651%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1369.81kcal (68.49%), Fat: 113.76g (175.01%), Saturated Fat: 47.27g (295.41%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 3.87g (1.41%), Sugar: 1.86g (2.07%), Cholesterol: 331.12mg (110.37%), Sodium: 290.4mg (12.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76g (152%), Vitamin B12: 10.48µg (174.63%), Vitamin K: 152.92µg (145.64%), Vitamin B3: 27.36mg (136.79%), Selenium: 85.88µg (122.68%), Zinc: 15.73mg (104.87%), Phosphorus: 733.34mg (73.33%), Vitamin B2: 0.98mg (57.89%), Iron: 9.1mg (50.56%), Vitamin B1: 0.52mg (34.85%), Vitamin B6: 0.65mg (32.71%), Potassium: 1135.83mg (32.45%), Vitamin B5: 3.03mg (30.33%), Magnesium: 111.72mg (27.93%), Copper: 0.51mg (25.67%), Folate: 98.08µg (24.52%), Manganese: 0.4mg (20.12%), Vitamin A: 990.65IU (19.81%), Vitamin E: 2.5mg (16.67%), Vitamin C: 13.69mg (16.59%), Calcium: 129.19mg (12.92%), Fiber: 1.8g (7.19%), Vitamin D: 0.45µg (3.02%)