



Roasted Lamb in Coffee Sauce



Gluten Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



139 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brandy
- ☐ 0.5 cup chicken stock see
- ☐ 1 tablespoon cup heavy whipping cream
- ☐ 1 tablespoon dijon mustard
- ☐ 1 pound leg of lamb
- ☐ 1 tablespoon rosemary chopped
- ☐ 4 servings salt and pepper
- ☐ 0.5 cup strong coffee decoction black

☐ 1 tablespoon sugar

Equipment

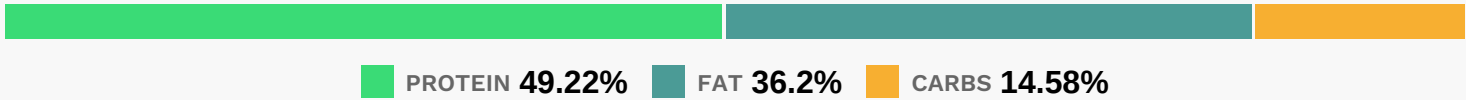
☐ frying pan

☐ oven

Directions

- ☐ Rub the salt and pepper onto the lamb.
- ☐ Spread the mustard on top.
- ☐ Heat the coffee, cream, sugar and brandy until the sugar has dissolved.
- ☐ Place the lamb in a roasting dish and pour the coffee mixture over it.Roast in a preheated 375F oven for 20 minutes, basting a few times.Turn the heat down to 325F and roast until it reaches a temperature of 130F, about 20 minutes.
- ☐ Let the lamb rest for 15 minutes.
- ☐ Pour the juices into a pan along with the chicken stock and heat until bubbling.

Nutrition Facts



Properties

Glycemic Index:46.77, Glycemic Load:2.18, Inflammation Score:-2, Nutrition Score:8.6034782308599%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 139.45kcal (6.97%), Fat: 5.15g (7.93%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 4.67g (1.56%), Net
Carbohydrates: 4.3g (1.56%), Sugar: 3.63g (4.03%), Cholesterol: 50.86mg (16.95%), Sodium: 324.16mg (14.09%),
Alcohol: 1.25g (100%), Alcohol %: 1.08% (100%), Caffeine: 11.85mg (3.95%), Protein: 15.77g (31.54%), Vitamin B12:
1.93µg (32.25%), Selenium: 18.88µg (26.97%), Vitamin B3: 5.01mg (25.05%), Zinc: 2.84mg (18.95%), Phosphorus:
153.59mg (15.36%), Vitamin B2: 0.24mg (14.06%), Iron: 1.58mg (8.78%), Vitamin B1: 0.13mg (8.35%), Vitamin B6:

0.15mg (7.63%), Potassium: 266.62mg (7.62%), Magnesium: 24.55mg (6.14%), Vitamin B5: 0.61mg (6.1%), Copper: 0.11mg (5.69%), Folate: 20.47µg (5.12%), Manganese: 0.05mg (2.51%), Calcium: 17.17mg (1.72%), Fiber: 0.37g (1.5%), Vitamin A: 74.33IU (1.49%), Vitamin E: 0.22mg (1.45%)