



HEALTH SCORE

61%

## Roasted Lamb with Acorn Squash and Broccoli



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.3 pounds acorn squash cut into 1-inch wedges
- ☐ 4 inch broccoli spears
- ☐ 1 garlic clove minced
- ☐ 3 garlic cloves halved
- ☐ 1 tablespoon coarsely ground pepper
- ☐ 4 pound rolled boned leg of lamb
- ☐ 2 teaspoons olive oil divided

- ☐ 1 rosemary sprig
- ☐ 1 teaspoon salt divided

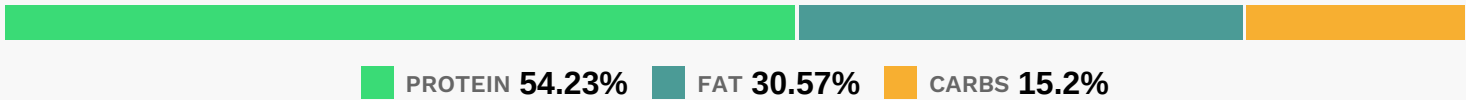
## Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

## Directions

- ☐ Preheat oven to 50
- ☐ Unroll roast; trim fat from roast. Reroll roast; secure at 1-inch intervals with heavy string. Make 6 (1/2-inch-deep) slits in roast; place garlic halves and rosemary into each slit.
- ☐ Sprinkle with 1/2 teaspoon salt and pepper.
- ☐ Place roast on a broiler pan; insert meat thermometer into thickest portion of roast.
- ☐ Bake at 500 for 10 minutes. Reduce oven temperature to 425 (do not remove roast from oven).
- ☐ Combine 1/4 teaspoon salt, 1 teaspoon olive oil, and squash, and arrange squash around roast.
- ☐ Bake at 425 for 22 minutes.
- ☐ Combine 1 teaspoon olive oil, 1/4 teaspoon salt, broccoli spears, and the minced garlic. Carefully turn roast, and arrange the broccoli mixture around the roast.
- ☐ Bake at 425 for an additional 25 minutes or until thermometer registers 145 (medium-rare).
- ☐ Let roast stand for 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:32.33, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:24.642608974291%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 299.56kcal (14.98%), Fat: 10.07g (15.49%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 9.51g (3.46%), Sugar: 0.06g (0.06%), Cholesterol: 121.93mg (40.64%), Sodium: 509.66mg (22.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.2g (80.41%), Vitamin B12: 5.14µg (85.73%), Selenium: 45.62µg (65.17%), Vitamin B3: 12.57mg (62.83%), Zinc: 7.48mg (49.88%), Phosphorus: 407.47mg (40.75%), Vitamin B2: 0.49mg (28.93%), Vitamin B1: 0.41mg (27.03%), Potassium: 905.39mg (25.87%), Vitamin B6: 0.5mg (25.02%), Iron: 4.29mg (23.82%), Magnesium: 84.29mg (21.07%), Manganese: 0.37mg (18.47%), Vitamin B5: 1.79mg (17.85%), Copper: 0.32mg (16.1%), Folate: 61.23µg (15.31%), Vitamin C: 12.54mg (15.2%), Vitamin A: 363.53IU (7.27%), Fiber: 1.76g (7.05%), Calcium: 51.93mg (5.19%), Vitamin E: 0.64mg (4.24%), Vitamin K: 4.2µg (4%)