



HEALTH SCORE

100%

Roasted Lamb with Root Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



220 min.

SERVINGS



8

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 bay leaf crushed
- ☐ 1 large beet peeled cut into wedges
- ☐ 8 carrots trimmed peeled
- ☐ 2 tablespoons coarse salt or as needed
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 5 cloves garlic minced
- ☐ 2 teaspoons coarsely ground pepper black

- ☐ 2 tablespoons honey
- ☐ 6 pound leg of lamb
- ☐ 2 tablespoons olive oil
- ☐ 16 small potatoes unpeeled
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 8 servings salt to taste
- ☐ 8 baby turnips peeled
- ☐ 1 yam peeled cut into wedges

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

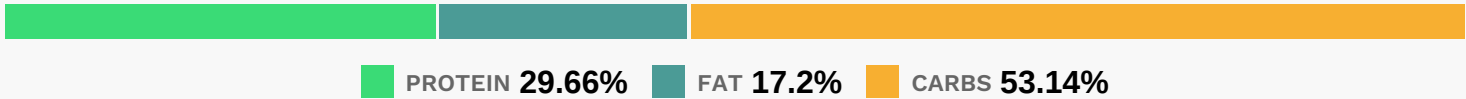
Directions

- ☐ Allow the leg of lamb to rest at room temperature for 1 hour before cooking.
- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Place the oven rack in the lower third of the oven.
- ☐ Whisk the garlic, pepper, red pepper flakes, bay leaf, rosemary, 1/2 cup olive oil, vinegar, and honey together in a small bowl. Rub the mixture over the lamb, then season with 2 tablespoons coarse salt. Set aside.
- ☐ Place carrots, potatoes, beet, yam, and turnips in a large roasting pan. Toss with 2 tablespoons olive oil and a pinch of salt. Arrange the seasoned leg of lamb on top of the vegetables.
- ☐ Roast the lamb in the preheated oven for 20 minutes, then reduce oven temperature to 325 degrees F (165 degrees C). Continue roasting to your desired degree of doneness, about 90

minutes more for medium-rare. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C).

- ☐ Allow the leg of lamb on a cutting board, tented with aluminum foil, for 30 minutes before carving.
- ☐ Place the vegetables on a serving platter and cover with aluminum foil to keep warm until ready to serve.

Nutrition Facts



Properties

Glycemic Index:60.45, Glycemic Load:60.31, Inflammation Score:-10, Nutrition Score:54.293043841486%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 727.41kcal (36.37%), Fat: 13.96g (21.48%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 97.11g (32.37%), Net Carbohydrates: 82.32g (29.93%), Sugar: 17.69g (19.65%), Cholesterol: 137.17mg (45.72%), Sodium: 2252.04mg (97.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.2g (108.4%), Vitamin A: 10366.24IU (207.32%), Vitamin C: 107.52mg (130.32%), Vitamin B12: 5.79µg (96.45%), Vitamin B3: 18.48mg (92.42%), Vitamin B6: 1.77mg (88.51%), Potassium: 3046.33mg (87.04%), Selenium: 53.3µg (76.14%), Phosphorus: 709.77mg (70.98%), Zinc: 10mg (66.65%), Manganese: 1.26mg (62.99%), Fiber: 14.79g (59.16%), Vitamin B1: 0.74mg (49.03%), Folate: 183.33µg (45.83%), Copper: 0.91mg (45.37%), Magnesium: 178.23mg (44.56%), Vitamin B2: 0.75mg (44.4%), Iron: 7.89mg (43.83%), Vitamin B5: 3.2mg (32.04%), Vitamin K: 19.13µg (18.22%), Calcium: 134.71mg (13.47%), Vitamin E: 1.75mg (11.65%)