



Roasted Lamb with Vegetables



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 baby carrots with tops
- ☐ 2 tablespoons butter
- ☐ 14.5 ounce chicken broth divided canned
- ☐ 0.8 pound porcini mushrooms fresh
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 6 garlic cloves cut into thin strips
- ☐ 3.5 pound lamb shoulder boneless

- ☐ 6 leeks thin
- ☐ 6 onions boiling
- ☐ 0.3 pound snow pea pods fresh
- ☐ 1 teaspoon pepper
- ☐ 1.3 teaspoons salt divided
- ☐ 2 shallots chopped
- ☐ 6 small turnips peeled quartered
- ☐ 1 teaspoon or dried fresh chopped

Equipment

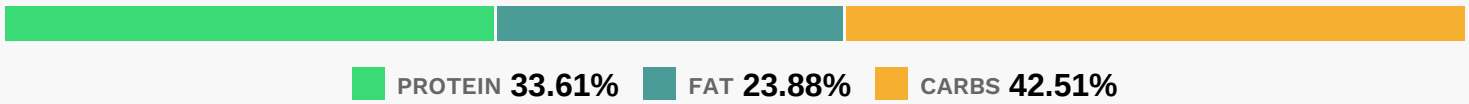
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Make 1-inch-deep cuts into lamb. Pierce roast at 1- to 2-inch intervals, using a small paring knife. Insert a garlic slice into each cut.
- ☐ Sprinkle lamb with 1 teaspoon salt, pepper, and thyme; place in a roasting pan.
- ☐ Place in a 450 oven. Immediately reduce oven temperature to 350, and bake 40 minutes.
- ☐ Melt 2 tablespoons butter in a large skillet over medium heat; add shallots and minced garlic, and saute 2 to 3 minutes.
- ☐ Add mushrooms and remaining 1/4 teaspoon salt; saute until tender and liquid evaporates.
- ☐ Remove from skillet, and set aside.
- ☐ Cut off carrot tops, leaving 1 inch attached to carrots; scrape carrots.
- ☐ Add carrots, onions, and turnips to roasting pan; bake 40 more minutes or until vegetables are tender and a meat thermometer inserted into thickest portion of lamb registers 145 or to desired degree of doneness.
- ☐ Remove lamb and vegetables from pan, reserving drippings.

- ☐ Reserve 1/4 cup chicken broth.
- ☐ Add reserved drippings, remaining broth, leeks, and pea pods to mushroom mixture in skillet; cook over medium-high heat, stirring occasionally, 5 to 6 minutes.
- ☐ Stir all-purpose flour into reserved 1/4 cup chicken broth; gradually stir into mushroom mixture. Cook over medium-high heat, stirring constantly, until mixture is thickened and bubbly.
- ☐ Serve with lamb and vegetables.

Nutrition Facts



Properties

Glycemic Index:54.83, Glycemic Load:9.31, Inflammation Score:-10, Nutrition Score:60.096087041109%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 22.48mg, Quercetin: 22.48mg, Quercetin: 22.48mg, Quercetin: 22.48mg

Nutrients (% of daily need)

Calories: 692.78kcal (34.64%), Fat: 19.09g (29.37%), Saturated Fat: 5.66g (35.4%), Carbohydrates: 76.48g (25.49%), Net Carbohydrates: 64.07g (23.3%), Sugar: 13.64g (15.16%), Cholesterol: 140.94mg (46.98%), Sodium: 1054.59mg (45.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.46g (120.92%), Copper: 3.41mg (170.5%), Vitamin B5: 14.23mg (142.31%), Selenium: 79.79µg (113.99%), Vitamin B3: 20.67mg (103.34%), Zinc: 13.6mg (90.7%), Vitamin B12: 5.14µg (85.68%), Manganese: 1.58mg (78.82%), Vitamin B2: 1.28mg (75.33%), Vitamin B6: 1.44mg (72.18%), Phosphorus: 688.31mg (68.83%), Vitamin A: 3367.31IU (67.35%), Folate: 237.25µg (59.31%), Potassium: 2004.87mg (57.28%), Vitamin C: 47.22mg (57.24%), Vitamin K: 53.11µg (50.58%), Fiber: 12.4g (49.61%), Magnesium: 181.81mg (45.45%), Iron: 8mg (44.44%), Vitamin B1: 0.55mg (36.96%), Calcium: 160.11mg (16.01%), Vitamin D: 2.28µg (15.2%), Vitamin E: 1.69mg (11.24%)