



 **100%**
HEALTH SCORE

Roasted Leg of Lamb

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



80 min.

SERVINGS



8

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ounce porcini mushrooms dried
- 3 pounds fennel bulb cut into wedges through the root
- 1 head garlic
- 4 cloves garlic minced
- 8 servings kosher salt and pepper black freshly ground
- 5 pound leg of lamb
- 8 servings olive oil extra-virgin
- 1 tablespoon freshly thyme leaves chopped

- 3 pounds yukon gold potatoes cut into 1-inch pieces

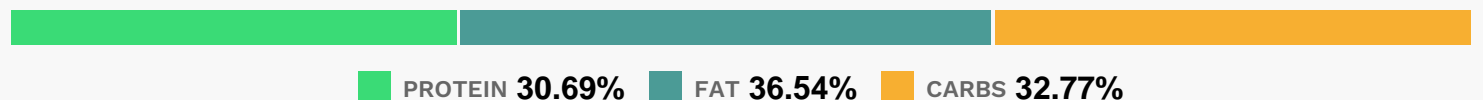
Equipment

- frying pan
- oven
- kitchen twine

Directions

- Preheat oven to 350 degrees F.
- Place a large roasting tray into the oven to heat it up. When hot remove from oven and add a drizzle of olive oil. Toss potatoes, fennel and garlic onto hot sheet tray and sprinkle with salt and pepper.
- Place into oven on a lower rack.
- Take the boneless leg of lamb and open it up. Season inside with olive oil, kosher salt and freshly ground black pepper. Rub with garlic and thyme then make a cut down the middle, separating the lamb into 2 pieces where the muscles naturally separate.
- Roll each piece up into a small roast and secure with kitchen twine. Rub the outside with olive oil and season with porcini powder, salt and pepper.
- Set a large pan over high heat and add a 2-count of olive oil. Sear meat, turning the lamb to brown evenly all over. Once browned transfer the roasts to the oven and place directly on a rack above the fennel and potatoes.
- Roast for 35 to 40 minutes until lamb is medium-rare. Rest meat for 10 minutes before cutting.
- Serve with roasted potatoes and fennel.

Nutrition Facts



Properties

Glycemic Index:29.47, Glycemic Load:25.16, Inflammation Score:-9, Nutrition Score:40.946956652662%

Flavonoids

Eriodictyol: 1.84mg, Eriodictyol: 1.84mg, Eriodictyol: 1.84mg, Eriodictyol: 1.84mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 550.28kcal (27.51%), Fat: 22.63g (34.81%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 45.66g (15.22%), Net Carbohydrates: 36.02g (13.1%), Sugar: 8.11g (9.01%), Cholesterol: 114.31mg (38.1%), Sodium: 210.83mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.77g (85.53%), Vitamin K: 118.85µg (113.19%), Vitamin B12: 4.82µg (80.37%), Vitamin B3: 14.54mg (72.69%), Vitamin C: 55.91mg (67.77%), Selenium: 45.53µg (65.05%), Potassium: 2004.92mg (57.28%), Phosphorus: 540.63mg (54.06%), Zinc: 8mg (53.34%), Vitamin B6: 0.94mg (47.1%), Manganese: 0.8mg (39.89%), Fiber: 9.64g (38.58%), Copper: 0.72mg (35.76%), Vitamin B2: 0.61mg (35.68%), Iron: 6.16mg (34.23%), Magnesium: 123.21mg (30.8%), Folate: 120.48µg (30.12%), Vitamin B5: 2.97mg (29.74%), Vitamin B1: 0.42mg (27.83%), Vitamin E: 3.43mg (22.84%), Calcium: 122.5mg (12.25%), Vitamin A: 273.79IU (5.48%)