



 **75%**
HEALTH SCORE

Roasted Leg of Lamb

 Dairy Free  Very Healthy

READY IN



185 min.

SERVINGS



6

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 cup flat-leaf parsley
- 0.3 cup mint leaves fresh
- 8 garlic cloves
- 2 juice of lemon juiced
- 1 tablespoon kosher salt
- 7 pound semi-boneless leg of lamb fat trimmed
- 2 teaspoons lemon zest

- 0.5 cup olive oil
- 6 servings pita bread warmed

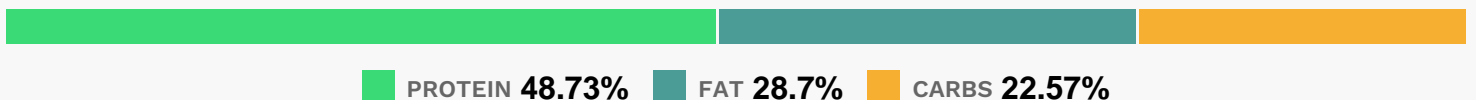
Equipment

- food processor
- oven
- knife
- roasting pan
- kitchen thermometer
- cutting board

Directions

- Watch how to make this recipe.
- Pat lamb dry and score fat by making shallow cuts all over with tip of a sharp small knife.
- Place garlic, parsley, mint, lemon zest and juice, salt, pepper, and oil in a food processor and process until smooth. Rub the paste all over the lamb and place in a lightly oiled roasting pan.
- Let stand at room temperature for 30 minutes.
- Preheat oven to 425 degrees F.
- Roast lamb in middle of oven for 20 minutes, reduce heat to 350, and cook until an instant-read thermometer inserted 2 inches into thickest part of meat (not touching bone) registers 135 degrees F, about 1 3/4 hours.
- Transfer to a cutting board and let stand 15 to 25 minutes (the internal temperature will rise to about 145 degrees F for medium). Slice the meat against the grain and serve with pita.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:29.57, Inflammation Score:-8, Nutrition Score:42.161738934724%

Flavonoids

Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 21.66mg, Apigenin: 21.66mg, Apigenin: 21.66mg, Apigenin: 21.66mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 626.79kcal (31.34%), Fat: 19.46g (29.94%), Saturated Fat: 5.99g (37.42%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 32.46g (11.8%), Sugar: 0.41g (0.45%), Cholesterol: 213.37mg (71.12%), Sodium: 1676.74mg (72.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.34g (148.68%), Vitamin K: 166.78µg (158.84%), Vitamin B12: 9µg (150.03%), Selenium: 78.96µg (112.8%), Vitamin B3: 22.18mg (110.88%), Zinc: 13.46mg (89.74%), Phosphorus: 712.46mg (71.25%), Vitamin B2: 0.91mg (53.51%), Iron: 7.71mg (42.84%), Vitamin B1: 0.64mg (42.5%), Vitamin B6: 0.65mg (32.68%), Potassium: 1128.88mg (32.25%), Magnesium: 113.38mg (28.34%), Copper: 0.55mg (27.74%), Folate: 109.72µg (27.43%), Vitamin B5: 2.71mg (27.13%), Manganese: 0.5mg (25.05%), Vitamin C: 19.87mg (24.09%), Vitamin A: 925.17IU (18.5%), Calcium: 97.49mg (9.75%), Vitamin E: 1.35mg (9%), Fiber: 1.98g (7.92%)