



Roasted Leg of Lamb

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



10

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 sprigs rosemary fresh
- 2 cloves garlic thinly sliced lengthwise
- 1 boned leg of lamb
- 2 tablespoons juice of lemon
- 1 cup chicken broth low-sodium
- 0.3 cup olive oil
- 10 servings salt and pepper

Equipment

- frying pan
- oven
- knife
- roasting pan
- kitchen thermometer
- aluminum foil
- stove

Directions

- Bring lamb to room temperature. Preheat oven to 450F. Using the point of a sharp knife, make 1-inch deep incisions over surface of lamb. Fill each incision with a piece of sliced garlic and a few rosemary leaves, pushing them completely into the meat. Rub lamb all over with olive oil and lemon juice. Season generously with salt and pepper.
- Place lamb on a rack set inside a large roasting pan. Roast lamb, uncovered, for 15 minutes. Reduce oven temperature to 350F. Continue roasting lamb until a meat thermometer inserted into center reaches 135F for medium, about 18 minutes per pound (about 90 minutes for a 5-lb. roast).
- Transfer lamb to a carving board and cover loosely with foil; let rest for 15 to 20 minutes. Skim excess fat from roasting pan and place pan over 2 burners on stovetop.
- Pour in broth and bring to a boil over medium-high heat, scraping up any browned bits on bottom of pan. Cook until liquid has reduced and slightly thickened, about 5 minutes. Taste; season with salt and pepper, if desired. Thinly slice lamb and serve with pan juices.

Nutrition Facts

PROTEIN 51.91% **FAT 46.88%** **CARBS 1.21%**

Properties

Glycemic Index:3, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:15.347826071246%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 235.92kcal (11.8%), Fat: 11.99g (18.45%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.11g (0.12%), Cholesterol: 91.41mg (30.47%), Sodium: 289.67mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.89g (59.77%), Vitamin B12: 3.88µg (64.66%), Selenium: 33.65µg (48.07%), Vitamin B3: 9.23mg (46.14%), Zinc: 5.52mg (36.78%), Phosphorus: 283.9mg (28.39%), Vitamin B2: 0.37mg (21.49%), Iron: 2.7mg (14.97%), Vitamin B1: 0.2mg (13.46%), Vitamin B6: 0.25mg (12.7%), Potassium: 438.84mg (12.54%), Vitamin B5: 1.04mg (10.36%), Magnesium: 39.16mg (9.79%), Copper: 0.19mg (9.73%), Folate: 33.5µg (8.37%), Vitamin E: 1.1mg (7.31%), Vitamin K: 3.26µg (3.11%), Manganese: 0.05mg (2.27%), Vitamin C: 1.35mg (1.64%), Calcium: 11.05mg (1.1%)