

food
network

 51%
HEALTH SCORE

Roasted Leg of Lamb (Gyros)

READY IN



45 min.

SERVINGS



10

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 servings pepper black freshly ground
- 1 head boston lettuce
- 2 medium cucumbers diced peeled halved seeded
- 1 tablespoon mint leaves fresh finely chopped
- 1 head garlic peeled
- 1 juice of lemon juiced
- 10 servings kosher salt
- 10 servings kosher salt and pepper black freshly ground
- 1 butterflied leg of lamb

- 1 cup olive oil extra-virgin plus more for searing
- 2 bunches oregano fresh finely chopped
- 10 large pita bread
- 3 cups yogurt plain
- 5 vine-ripe tomatoes chopped

Equipment

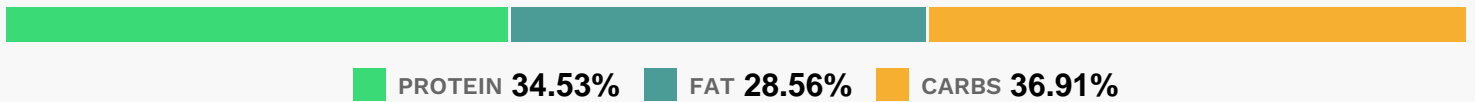
- bowl
- frying pan
- oven
- knife
- mixing bowl
- roasting pan
- cutting board
- kitchen twine

Directions

- Finely chop up 1/2 of the garlic on a cutting board and sprinkle with a generous pinch of salt. Mash the garlic and salt together with the flat-side of a knife into a paste.
- Add the oregano and continue to mash until incorporated.
- Put the garlic-oregano paste in a small bowl, add the lemon juice and 1 cup of olive oil; season with salt and pepper. Slice the remaining garlic into thin slivers.
- Put the lamb on a large platter, and trim any excess fat.
- Cut the lamb in 1/2 lengthwise so you have 2 large pieces. Make slits all over the meat with a sharp knife, and push the garlic slivers inside. Rub 1/2 of the garlic-oregano paste all over the lamb and season the meat with salt and pepper.
- Roll up each piece of lamb lengthwise and tie with butcher's twine to hold the roasts together.
- Put the lamb on a large platter and slather with the remaining garlic-oregano paste. Marinate, covered, in the refrigerator for at least 1 hour or up to overnight.
- Preheat the oven to 375 degrees F.

- Wipe off the excess paste from the lamb so it won't burn in the oven.
- Place a large roasting pan over 2 burners on medium-high flame and coat with a fair amount of olive oil.
- Put the lamb roasts in the roasting pan and sear to form a nice brown crust on all sides.
- Transfer the pan (and lamb) to the oven and roast for 1 to 1 1/2 hours; it should be pink in the center and the internal temperature reads 130 degrees F. Allow the lamb to stand 10 minutes to let the juices settle before and slicing.
- Cut off the butcher's twine and thinly slice the lamb.
- Place the meat in the center of the pita breads. Top with lettuce, chopped tomatoes, and tzatziki.
- Put all the ingredients in a mixing bowl and combine with a fork. Refrigerate for at least 1 hour to allow the flavors to marry.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:32.53, Inflammation Score:-8, Nutrition Score:25.836956656497%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 451.16kcal (22.56%), Fat: 14.13g (21.74%), Saturated Fat: 4.58g (28.59%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 38.34g (13.94%), Sugar: 5.84g (6.49%), Cholesterol: 100.96mg (33.65%), Sodium: 643.08mg (27.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.45g (76.89%), Vitamin B12: 4.13µg (68.8%), Vitamin B3: 10.7mg (53.5%), Selenium: 35.35µg (50.5%), Zinc: 6.65mg (44.3%), Phosphorus: 433.57mg (43.36%), Vitamin B2: 0.55mg (32.64%), Vitamin B1: 0.43mg (28.52%), Manganese: 0.56mg (27.84%), Vitamin K: 28.89µg (27.51%), Potassium: 850.11mg (24.29%), Vitamin A: 1179.94IU (23.6%), Iron: 4.09mg (22.73%), Folate: 80.85µg (20.21%), Magnesium: 78.42mg (19.6%), Vitamin B6: 0.37mg (18.74%), Copper: 0.36mg (18.07%), Vitamin B5: 1.74mg (17.39%), Calcium: 172.86mg (17.29%), Vitamin C: 12.01mg (14.55%), Fiber: 2.74g (10.95%), Vitamin E: 1.41mg (9.37%)