



## Roasted Leg of Lamb with Port

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon cider vinegar
- 6 sticks cinnamon (3-inch)
- 1 tablespoon flour all-purpose
- 6 garlic cloves pressed
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cardamom
- 6 pound leg of lamb boneless trimmed
- 0.5 teaspoon pepper

- 1 cup port wine
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 2 cups water
- 1 tablespoon allspice whole

## Equipment

- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- dutch oven

## Directions

- Cut slits evenly over lamb roast; insert garlic into slits.
- Combine salt and next 3 ingredients; rub over roast.
- Cook roast in hot oil in a Dutch oven over high heat 5 minutes on each side or until browned.
- Place roast in a roasting pan; add wine, 2 cups water, and next 3 ingredients.
- Bake at 375 for 1 hour and 15 minutes or until a meat thermometer inserted into thickest portion of roast registers 14
- Let stand 10 minutes before slicing. Reserve pan drippings.
- Whisk together pan drippings and flour in a saucepan; cook, whisking constantly, over medium-high heat 7 minutes or until thickened. Spoon over roast.

## Nutrition Facts



## Properties

Glycemic Index:27.13, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:24.810869218215%

## Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 354.34kcal (17.72%), Fat: 11.52g (17.72%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 6.84g (2.49%), Sugar: 2.42g (2.69%), Cholesterol: 137.17mg (45.72%), Sodium: 430.8mg (18.73%), Alcohol: 4.59g (100%), Alcohol %: 1.85% (100%), Protein: 44.56g (89.11%), Vitamin B12: 5.79µg (96.45%), Selenium: 51.27µg (73.24%), Vitamin B3: 13.55mg (67.77%), Zinc: 8.36mg (55.73%), Phosphorus: 424.18mg (42.42%), Manganese: 0.68mg (33.77%), Vitamin B2: 0.55mg (32.38%), Iron: 4.38mg (24.33%), Vitamin B1: 0.32mg (21.29%), Vitamin B6: 0.4mg (19.98%), Potassium: 683.26mg (19.52%), Magnesium: 65.45mg (16.36%), Copper: 0.32mg (15.9%), Vitamin B5: 1.58mg (15.81%), Folate: 51.62µg (12.9%), Fiber: 1.75g (7%), Calcium: 55.5mg (5.55%), Vitamin E: 0.68mg (4.5%), Vitamin K: 4.19µg (3.99%), Vitamin C: 1.22mg (1.48%)