



HEALTH SCORE

100%

Rosemary & anchovy lamb steaks



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



85 min.

SERVINGS



12

CALORIES



1875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 lemon zest



6 fillet anchovy roughly chopped



2 tbsp rosemary roughly chopped



4 tbsp olive oil



12 lamb leg steaks



12 servings lemon wedges

Equipment



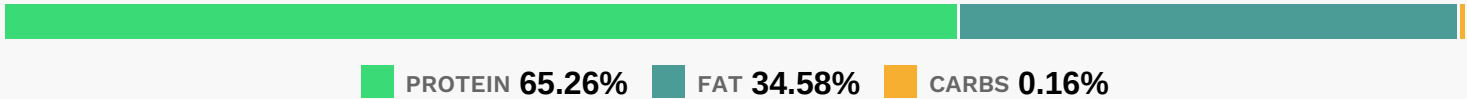
food processor

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ Put the lemon zest, anchovies, rosemary and the oil in a food processor, then blend to a rough paste.
- ☐ Put the lamb in a large food bag or bowl, then pour over the marinade, massaging it into the meat. Marinate in the fridge for at least 1 hr, preferably overnight.
- ☐ Heat the barbecue, then cook the lamb for 4-5 mins each side (depending on the thickness of the lamb and how you like it cooked) until nicely browned on the outside.
- ☐ Transfer to a board, cover with foil and leave to rest for 10 mins.
- ☐ Serve sprinkled with rosemary sprigs, and lemon wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:7.96, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:62.23130423608%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1874.8kcal (93.74%), Fat: 69.27g (106.56%), Saturated Fat: 23.71g (148.16%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.26g (0.1%), Sugar: 0.09g (0.1%), Cholesterol: 915.25mg (305.08%), Sodium: 888.05mg (38.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 294.11g (588.21%), Vitamin B12: 38.57µg (642.9%), Selenium: 336.4µg (480.57%), Vitamin B3: 89.27mg (446.35%), Zinc: 54.9mg (366%), Phosphorus: 2760.65mg (276.07%), Vitamin B2: 3.58mg (210.55%), Iron: 26.26mg (145.91%), Vitamin B1: 2mg (133.65%), Vitamin B6: 2.44mg (122.19%), Potassium: 4144.27mg (118.41%), Vitamin B5: 10.3mg (103.03%), Magnesium: 387.95mg (96.99%), Copper: 1.81mg (90.43%), Folate: 330.66µg (82.67%), Vitamin E: 3.83mg (25.54%), Manganese: 0.35mg (17.74%), Calcium: 97.99mg (9.8%), Vitamin C: 2.8mg (3.4%), Vitamin K: 2.81µg (2.68%), Fiber: 0.42g (1.69%)