



Rosemary-and-Garlic-Studded Leg of Lamb

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



16

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cornstarch
- 0.3 cup rosemary fresh minced
- 14 cloves garlic fresh minced
- 0.5 teaspoon coarsely ground pepper black
- 1.5 teaspoons kosher salt
- 7 pound leg of lamb
- 14.5 ounce low-salt beef broth canned
- 0.3 cup port sweet

- 1 sprig rosemary (4-inch)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- ziploc bags
- spatula
- broiler pan

Directions

- Preheat oven to 400.
- To prepare roast, trim fat from lamb, and cut 16 (3/4-inch-deep) slits into lamb.
- Combine 1/4 cup rosemary and garlic. Spoon about 1/2 teaspoon rosemary mixture into each slit; rub lamb with any remaining rosemary mixture.
- Sprinkle with salt and pepper.
- Place roast on the rack of a broiler pan or roasting pan. Insert meat thermometer into the thickest part of lamb, making sure not to touch bone.
- Bake at 400 for about 1 1/2 hours or until thermometer registers 140 (medium-rare) to 155 (medium).
- Let stand 15 minutes before slicing. (Temperature of lamb will increase 5 upon standing.)
- Remove lamb from pan, reserving 2 tablespoons drippings for sauce; scrape up browned bits with a rubber spatula.
- Place roast on a platter; keep warm. To prepare sauce, pour reserved drippings into a small zip-top plastic bag. Seal bag; snip off 1 corner of bag.
- Drain liquid into a medium saucepan, stopping before the fat layer reaches the opening; discard fat.

- Add broth and rosemary sprig to drippings in pan; bring to a boil. Reduce heat, and simmer 1 minute.
- Combine port and cornstarch in a small bowl; add to broth mixture. Bring to a boil; cook 1 minute, stirring constantly. Discard rosemary sprig.
- Serve sauce with lamb.

Nutrition Facts

PROTEIN 64.75%

FAT 31.43%

CARBS 3.82%

Properties

Glycemic Index:9.19, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:13.36217380477%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 171.37kcal (8.57%), Fat: 5.68g (8.74%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.05g (0.06%), Cholesterol: 80.01mg (26.67%), Sodium: 343.39mg (14.93%), Alcohol: 0.4g (100%), Alcohol %: 0.32% (100%), Protein: 26.33g (52.65%), Vitamin B12: 3.38µg (56.26%), Selenium: 29.78µg (42.54%), Vitamin B3: 7.82mg (39.1%), Zinc: 4.84mg (32.28%), Phosphorus: 246.62mg (24.66%), Vitamin B2: 0.32mg (18.67%), Iron: 2.38mg (13.21%), Vitamin B6: 0.25mg (12.45%), Potassium: 431.75mg (12.34%), Vitamin B1: 0.18mg (12.05%), Vitamin B5: 0.92mg (9.21%), Magnesium: 35.39mg (8.85%), Copper: 0.17mg (8.42%), Folate: 29.36µg (7.34%), Manganese: 0.09mg (4.59%), Vitamin E: 0.28mg (1.85%), Calcium: 14.39mg (1.44%), Vitamin C: 0.91mg (1.11%)