



Rosemary-Crusted Lamb With Tzatziki Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



10 min.

SERVINGS



4

CALORIES



696 kcal

Ingredients

- 0.3 cup rosemary fresh chopped
- 3 garlic cloves
- 6 pound leg of lamb trimmed
- 3 tablespoons juice of lemon fresh
- 3 tablespoons olive oil
- 1 teaspoon pepper
- 4 servings garnish: rosemary sprigs fresh
- 1 teaspoon salt
- 4 servings tzatziki sauce

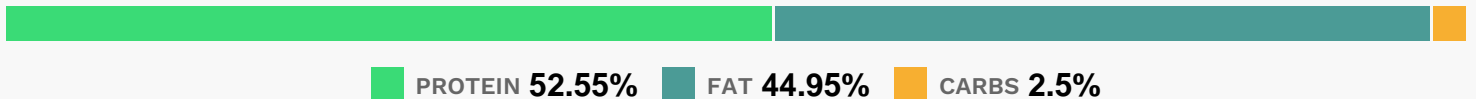
Equipment

- food processor
- oven
- roasting pan
- kitchen thermometer

Directions

- Process first 6 ingredients in a food processor until smooth.
- Spread rosemary mixture evenly on lamb.
- Place lamb on a lightly greased rack in a roasting pan.
- Bake at 450 for 45 minutes or until a meat thermometer inserted into thickest portion registers 160 (medium).
- Let stand 10 minutes before slicing.
- Serve with Tzatziki Sauce.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:38.129130207974%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 696.11kcal (34.81%), Fat: 34g (52.31%), Saturated Fat: 9.42g (58.86%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.76g (1.37%), Sugar: 1.31g (1.45%), Cholesterol: 279.33mg (93.11%), Sodium: 998.42mg (43.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.42g (178.85%), Vitamin B12: 11.57µg (192.89%), Selenium: 101.09µg (144.42%), Vitamin B3: 26.75mg (133.76%), Zinc: 16.52mg (110.12%), Phosphorus: 833.6mg (83.36%), Vitamin B2: 1.08mg (63.51%), Iron: 8.1mg (45.01%), Vitamin B1: 0.61mg (40.6%), Vitamin B6: 0.77mg (38.53%), Potassium: 1278.49mg (36.53%), Vitamin B5: 3.13mg (31.35%), Magnesium: 119.6mg (29.9%), Copper: 0.56mg (28.07%), Folate: 103.14µg (25.78%), Vitamin E: 2.48mg (16.53%), Manganese: 0.23mg (11.26%), Calcium: 79.77mg (7.98%), Vitamin K: 7.18µg (6.84%), Vitamin C: 5.48mg (6.65%), Vitamin A: 156.08IU (3.12%), Fiber: 0.49g (1.95%)