



Rosemary-Garlic Lamb with White Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 ounce beans white rinsed drained canned
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 5 garlic cloves minced
- ☐ 1 tablespoon kosher salt
- ☐ 3.5 pound leg of lamb bone in ()
- ☐ 2 lemons

- ☐ 1 tablespoon olive oil
- ☐ 1 small shallot or red thinly sliced

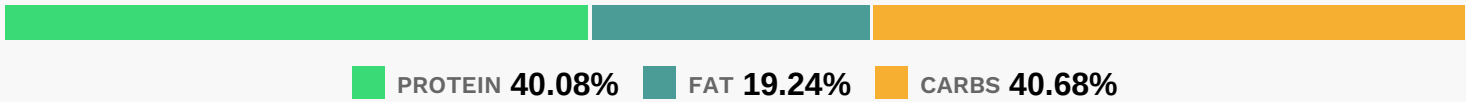
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Heat oven to 450 F. Halve 1 lemon and rub it all over the lamb. Squeeze its juice into a small bowl; mix with the garlic and rosemary.
- ☐ Cut 10 slits, 1 to 2 inches deep, all over the meat. Stuff the cuts with the garlic mixture. Rub the meat with 1 tablespoon olive oil and season with 1 tablespoon salt.
- ☐ Place the lamb in a roasting pan and roast for 30 minutes. Turn over and roast for 40 minutes more or until the thickest part of the meat registers 145 to 150 F.
- ☐ Remove from oven; let rest 10 minutes.
- ☐ Cut off 1/4 of the lamb meat and reserve for another use.
- ☐ Meanwhile, in a large bowl whisk together the mustard, juice from the remaining lemon, remaining oil, and salt. Fold in the beans, shallot, and parsley. Reserve 2 cups of the beans for another use. Thinly slice the remaining lamb and serve with the white beans.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:18.09, Inflammation Score:-9, Nutrition Score:55.849565340125%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 1.1mg,

Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 754.06kcal (37.7%), Fat: 16.25g (25%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 77.3g (25.77%), Net Carbohydrates: 59.34g (21.58%), Sugar: 3.62g (4.02%), Cholesterol: 160.03mg (53.34%), Sodium: 2002.83mg (87.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.16g (152.32%), Vitamin B12: 6.75µg (112.52%), Selenium: 67.31µg (96.15%), Manganese: 1.87mg (93.41%), Zinc: 13.4mg (89.32%), Iron: 14.99mg (83.25%), Vitamin B3: 16.15mg (80.75%), Phosphorus: 806.1mg (80.61%), Fiber: 17.95g (71.82%), Folate: 283.41µg (70.85%), Vitamin K: 73.14µg (69.66%), Potassium: 2339.38mg (66.84%), Magnesium: 244.6mg (61.15%), Copper: 1.11mg (55.62%), Vitamin B1: 0.72mg (47.72%), Vitamin B2: 0.78mg (45.62%), Vitamin C: 37.06mg (44.92%), Vitamin B6: 0.8mg (39.94%), Calcium: 289.16mg (28.92%), Vitamin B5: 2.59mg (25.95%), Vitamin E: 3.72mg (24.78%), Vitamin A: 363.23IU (7.26%)