



Rosemary-Roasted Lamb with Pan Juices



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 8 large garlic clove
- ☐ 6 pound leg of lamb trimmed
- ☐ 2 optional: lemon thinly sliced
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 teaspoons salt
- ☐ 3 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ measuring cup
- ☐ cutting board
- ☐ kitchen twine

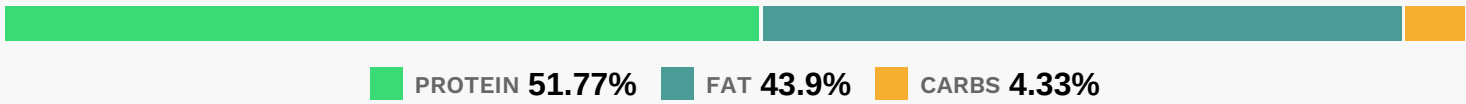
Directions

- ☐ Finely grind garlic and salt in processor.
- ☐ Place lamb, cut side up, on work surface.
- ☐ Sprinkle with pepper.
- ☐ Spread garlic-salt mixture evenly over lamb, then sprinkle with chopped rosemary.
- ☐ Roll lamb into its original shape. Using kitchen string, tie lamb roll crosswise every 2 inches, then tie lengthwise. Slide rosemary sprigs under string to cover both sides of lamb.
- ☐ Place lamb in 13x9-inch baking dish.
- ☐ Drizzle lamb all over with oil. Cover with plastic wrap and refrigerate 1 day.
- ☐ Preheat oven to 350°F.
- ☐ Transfer lamb to large roasting pan.
- ☐ Sprinkle with salt and pepper.
- ☐ Place reserved lamb bone alongside; pour 1 cup water into pan. Arrange lemon slices from 1 lemon atop lamb. Roast lamb 1 hour. Turn lamb over; pour 1 cup more water into pan. Continue to roast lamb until meat thermometer inserted into thickest part registers 140°F, about 1 hour longer.
- ☐ Transfer to cutting board; let rest 15 minutes.

- ☐
- Add 1 cup more water to pan, scraping up browned bits.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:32.262608942778%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 466.27kcal (23.31%), Fat: 22.41g (34.48%), Saturated Fat: 5.93g (37.08%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 3.7g (1.35%), Sugar: 0.95g (1.06%), Cholesterol: 182.89mg (60.96%), Sodium: 960.75mg (41.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.46g (118.92%), Vitamin B12: 7.72µg (128.59%), Selenium: 67.89µg (96.98%), Vitamin B3: 17.89mg (89.44%), Zinc: 11.08mg (73.87%), Phosphorus: 564.41mg (56.44%), Vitamin B2: 0.73mg (42.87%), Iron: 5.72mg (31.8%), Vitamin B6: 0.57mg (28.56%), Vitamin B1: 0.43mg (28.36%), Vitamin C: 22.31mg (27.04%), Vitamin K: 27.55µg (26.24%), Potassium: 902.4mg (25.78%), Vitamin B5: 2.16mg (21.55%), Magnesium: 83.64mg (20.91%), Copper: 0.41mg (20.43%), Folate: 72.86µg (18.21%), Vitamin E: 2.04mg (13.6%), Manganese: 0.16mg (7.83%), Fiber: 1.28g (5.11%), Calcium: 43.97mg (4.4%), Vitamin A: 131.03IU (2.62%)