



Silence of the Leg O' Lamb



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 8 mint leaves fresh
- ☐ 2 sprigs rosemary fresh
- ☐ 4 cloves garlic
- ☐ 1 tablespoon kosher salt
- ☐ 1 sirloin end leg of lamb

☐ 5 tablespoons strong mustard such as dijon

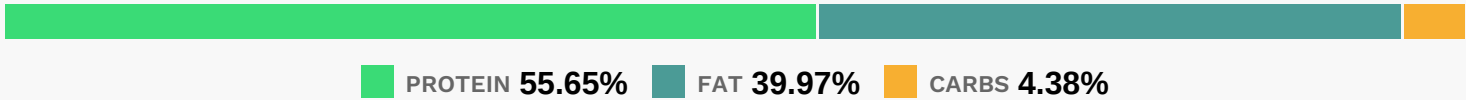
Equipment

- ☐ food processor
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Roughly chop the garlic cloves in the food processor.
- ☐ Add the mint and repeat.
- ☐ Add the brown sugar, salt, pepper, mustard, and oil and blend to a paste.
- ☐ Spread the paste evenly on the meat side of the roast.
- ☐ Roll the leg into a roast shape and tie with cotton butcher's twine. Fire 2 quarts (1 chimney's worth) of charcoal (natural chunk is best). When charcoal is lightly covered with gray ash, split the coals into 2 piles and move them to the far sides of the cooker. Close the lid and allow the grate to heat. Then, place the lamb, skin side up, on the middle of the hot grate.
- ☐ Add the rosemary sprigs to the charcoal briquettes and close the lid and grill. After 20 minutes, flip the roast and rotate it 180 degrees. Insert the probe thermometer into the roast and continue to grill until it reaches an internal temperature of 135 degrees, about 25 to 30 minutes.
- ☐ Remove the roast at 135 degrees.
- ☐ Remove the butcher's twine from the roast. Cover with foil and rest it for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:26.214782787406%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 366.79kcal (18.34%), Fat: 15.87g (24.42%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.06g (1.11%), Sugar: 2.14g (2.38%), Cholesterol: 152.34mg (50.78%), Sodium: 1449.28mg (63.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.72g (99.44%), Vitamin B12: 6.43µg (107.12%), Selenium: 60.53µg (86.47%), Vitamin B3: 14.95mg (74.73%), Zinc: 9.27mg (61.8%), Phosphorus: 478.1mg (47.81%), Vitamin B2: 0.61mg (35.9%), Iron: 4.72mg (26.24%), Vitamin B1: 0.36mg (24.18%), Vitamin B6: 0.44mg (22.13%), Potassium: 734.26mg (20.98%), Magnesium: 73.22mg (18.3%), Vitamin B5: 1.78mg (17.8%), Copper: 0.33mg (16.52%), Folate: 57.37µg (14.34%), Manganese: 0.25mg (12.4%), Vitamin E: 1.39mg (9.28%), Vitamin K: 4.64µg (4.42%), Calcium: 34.46mg (3.45%), Fiber: 0.86g (3.44%), Vitamin A: 70.32IU (1.41%), Vitamin C: 1.11mg (1.34%)