



 **61%**
HEALTH SCORE

Slow-roast lamb with cinnamon, fennel & citrus

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

READY IN



720 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 leg of lamb
- 1 lemon zest
- 4 tbsp olive oil
- 2 tbsp clear honey
- 1 tbsp ground cumin
- 3 garlic clove crushed

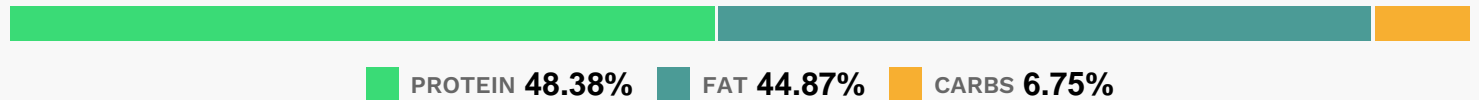
Equipment

- oven
- aluminum foil

Directions

- Put the lamb into a large food bag with all the juice and marinate overnight.
- The next day, take the lamb out of the fridge 1 hr before you want to cook it.
- Heat oven to 220C/200C fan/gas
- Take the lamb out of the marinade (reserve remaining marinade) and pat dry. Rub with half the oil and roast for 15–20 mins until browned.
- Remove lamb and reduce oven to 160C/140C fan/gas
- Mix the zests, remaining oil, honey, spices and garlic with plenty of seasoning.
- Lay a large sheet of baking parchment on a large sheet of foil. Sit the lamb leg on top, rub all over with the paste and pull up the sides of the foil.
- Drizzle marinade into base, and scrunch foil to seal.
- Roast for 4 hrs, until very tender. Rest, still wrapped, for 30 mins. Unwrap and serve with juices.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:3.16, Inflammation Score:-4, Nutrition Score:25.501738777627%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 414.93kcal (20.75%), Fat: 20.3g (31.23%), Saturated Fat: 5.14g (32.11%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 6.61g (2.4%), Sugar: 5.83g (6.47%), Cholesterol: 152.34mg (50.78%), Sodium: 150.04mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.25g (98.5%), Vitamin B12: 6.43µg (107.12%), Selenium: 56.27µg (80.38%), Vitamin B3: 14.9mg (74.49%), Zinc: 9.22mg (61.49%), Phosphorus: 467.09mg (46.71%), Vitamin B2: 0.6mg (35.5%), Iron: 5.1mg (28.39%), Vitamin B1: 0.34mg (22.88%), Vitamin B6: 0.43mg (21.55%), Potassium:

717.15mg (20.49%), Vitamin B5: 1.73mg (17.31%), Magnesium: 68.59mg (17.15%), Copper: 0.32mg (15.83%), Folate: 55.16µg (13.79%), Vitamin E: 1.9mg (12.7%), Manganese: 0.12mg (6.06%), Vitamin K: 5.7µg (5.43%), Calcium: 28.16mg (2.82%), Vitamin C: 1.87mg (2.27%), Fiber: 0.26g (1.03%)