



Slow-Roasted Parchment-Wrapped Leg of Lamb with Garlic and Herbs



Gluten Free



Dairy Free



Very Healthy

READY IN



415 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 large cloves garlic sliced
- ☐ 6 servings salt and coarsely ground pepper black
- ☐ 2 juice of lemon juiced
- ☐ 1 leg of lamb bone-in trimmed of fat
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 sprigs rosemary
- ☐ 0.5 cup combined thyme and parsley leaves chopped

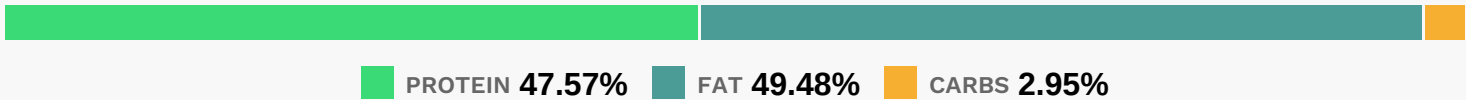
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen twine

Directions

- ☐ Arrange a couple of large sheets of parchment paper on a work surface. Set the leg of lamb on top of the parchment and cut small slits all over the leg meat. Nestle the garlic and rosemary into the slits, letting the rosemary stick out a bit, studding the meat.
- ☐ Whisk the extra-virgin olive oil and lemon juice in a small bowl and rub it all over the lamb. Season, liberally, with salt and pepper, to taste, then rub the lamb with the thyme and parsley. Cover the leg with another sheet of parchment paper, and bring the bottom pieces up to meet with the top piece, forming a packet. Secure with kitchen string and marinate in refrigerator for 3 to 4 hours.
- ☐ Preheat the oven to 300 degrees F.
- ☐ Put the lamb into a roasting pan and rest the leg bone on 1 corner of the pan to settle juices under the leg as it roasts. Roast the lamb for 3 hours, then remove it from the oven and let it rest for a 1/2 hour. Unwrap and carve 2/3 of the meat. Arrange the lamb on a serving platter and spoon the pan juices over the slices. When you remove the lamb switch oven to 375 degrees F to bake off other make-ahead meals, such as the Stuffed Peppers with Lamb and Eggplant.
- ☐ Serve roast lamb with Mint Sauce, Roasted Tomatoes and Asparagus alongside, if desired.
- ☐ After your main meal is carved, cut the remainder of the meat into 1/2-inch slices. Cover and refrigerate.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.58, Inflammation Score:-10, Nutrition Score:26.999999989634%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 423.29kcal (21.16%), Fat: 22.86g (35.17%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.35g (0.86%), Sugar: 0.29g (0.33%), Cholesterol: 152.34mg (50.78%), Sodium: 149.01mg (6.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.45g (98.91%), Vitamin B12: 6.43µg (107.12%), Selenium: 56.53µg (80.75%), Vitamin B3: 14.94mg (74.69%), Zinc: 9.26mg (61.76%), Phosphorus: 470.53mg (47.05%), Vitamin B2: 0.62mg (36.43%), Iron: 5.17mg (28.72%), Vitamin B6: 0.47mg (23.7%), Vitamin B1: 0.35mg (23.07%), Potassium: 739.5mg (21.13%), Magnesium: 72.26mg (18.07%), Vitamin B5: 1.77mg (17.68%), Copper: 0.34mg (16.81%), Vitamin E: 2.27mg (15.14%), Folate: 58.88µg (14.72%), Vitamin C: 11.18mg (13.56%), Manganese: 0.2mg (10.21%), Vitamin K: 7.46µg (7.1%), Calcium: 39.15mg (3.92%), Vitamin A: 182.8IU (3.66%), Fiber: 0.71g (2.83%)