



Spice-Rubbed Butterflied Leg of Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons mint leaves fresh
- ☐ 6 garlic cloves peeled
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 teaspoons ground pepper black
- ☐ 4.5 pound leg of lamb boneless trimmed

- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon marjoram leaves fresh
- ☐ 0.5 cup olive oil
- ☐ 0.5 large onion cut into 2-inch pieces
- ☐ 2 tablespoons paprika
- ☐ 2 teaspoons pepper sauce hot
- ☐ 1 tablespoon salt
- ☐ 1 teaspoon turmeric

Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Combine first 13 ingredients in processor. Using on/off turns, process until coarse paste forms.
- ☐ Add oil and lemon juice and process until well blended.
- ☐ Place lamb in large resealable plastic bag.
- ☐ Pour spice mixture over lamb; seal bag. Turn bag several times and rub spice mixture into lamb. Refrigerate overnight, turning bag occasionally.
- ☐ Prepare barbecue (medium heat).
- ☐ Remove lamb from marinade; shake off excess. Grill lamb to desired doneness or until instant-read thermometer inserted into thickest part of lamb registers 125°F to 130°F, for medium-rare about 15 minutes per side.
- ☐ Transfer lamb to cutting board. Cover with foil and let stand 5 to 10 minutes.
- ☐ Cut lamb into 1/3-inch-thick slices. Arrange on platter and serve.

Nutrition Facts

PROTEIN 54.57% FAT 38.01% CARBS 7.42%

Properties

Glycemic Index:18.88, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:20.538260833077%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 251.04kcal (12.55%), Fat: 10.48g (16.13%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 3.15g (1.15%), Sugar: 0.9g (1%), Cholesterol: 102.87mg (34.29%), Sodium: 1002.03mg (43.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.87g (67.75%), Vitamin B12: 4.34µg (72.33%), Selenium: 38.53µg (55.04%), Vitamin B3: 10.32mg (51.59%), Zinc: 6.39mg (42.57%), Phosphorus: 330.12mg (33.01%), Vitamin B2: 0.44mg (25.83%), Iron: 4.06mg (22.57%), Vitamin A: 948.03IU (18.96%), Vitamin B6: 0.37mg (18.35%), Vitamin B1: 0.25mg (16.6%), Potassium: 577.92mg (16.51%), Manganese: 0.3mg (14.86%), Magnesium: 54.95mg (13.74%), Vitamin B5: 1.25mg (12.54%), Copper: 0.25mg (12.53%), Folate: 43.83µg (10.96%), Vitamin E: 1.3mg (8.7%), Vitamin C: 7.04mg (8.53%), Vitamin K: 8.13µg (7.74%), Fiber: 1.45g (5.8%), Calcium: 36.16mg (3.62%)