



## Spice-Rubbed Leg of Lamb

 Gluten Free  Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



8

CALORIES



322 kcal

SEASONING

MARINADE

### Ingredients

- 0.3 cup flat-leaf parsley
- 4 cloves garlic
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 6 lb leg of lamb bone-in trimmed of fat
- 0.3 cup juice of lemon fresh

- 8 servings mint pesto
- 0.5 cup olive oil
- 1 medium onion cut into 6 wedges
- 8 servings salt and pepper
- 3 tablespoons paprika sweet

## Equipment

- food processor
- frying pan
- oven
- knife
- plastic wrap
- roasting pan
- kitchen thermometer
- cutting board

## Directions

- Pulse onion, parsley, garlic and spices in a food processor to form a coarse paste.
- Add lemon juice and oil; process until smooth.
- Place lamb in a large, shallow pan.
- Pour marinade over lamb and turn to coat several times. Cover with plastic wrap and refrigerate overnight.
- Position rack in bottom third of oven and preheat oven to 450F.
- Remove lamb from marinade; wipe off excess.
- Place lamb on a rack in a shallow roasting pan and roast for 20 minutes; lower oven temperature to 325F. Roast lamb until an instant-read thermometer inserted into thickest part of meat registers 140F (for medium-rare), 1 hour and 15 minutes.
- Remove meat to a cutting board; let rest for 20 minutes. Carve meat with tip of lamb bone facing you. Slice away from you and down, holding knife parallel to bone and turning lamb as you carve.

Serve with Mint Pesto.

## Nutrition Facts

**PROTEIN 56.83%** **FAT 37.13%** **CARBS 6.04%**

### Properties

Glycemic Index:22.38, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:27.841304281484%

### Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

### Nutrients (% of daily need)

Calories: 321.81kcal (16.09%), Fat: 13.07g (20.11%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 3.07g (1.12%), Sugar: 1.12g (1.24%), Cholesterol: 137.17mg (45.72%), Sodium: 332.27mg (14.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.03g (90.06%), Vitamin B12: 5.79µg (96.45%), Selenium: 51.1µg (72.99%), Vitamin B3: 13.75mg (68.76%), Zinc: 8.49mg (56.61%), Phosphorus: 437.24mg (43.72%), Vitamin B2: 0.58mg (34.33%), Vitamin K: 34.61µg (32.96%), Vitamin A: 1503.84IU (30.08%), Iron: 5.33mg (29.59%), Vitamin B6: 0.47mg (23.31%), Vitamin B1: 0.33mg (21.92%), Potassium: 752.53mg (21.5%), Magnesium: 71.68mg (17.92%), Vitamin B5: 1.66mg (16.56%), Copper: 0.32mg (16%), Folate: 58.89µg (14.72%), Manganese: 0.23mg (11.62%), Vitamin E: 1.68mg (11.19%), Vitamin C: 7.46mg (9.05%), Fiber: 1.72g (6.87%), Calcium: 42.04mg (4.2%)