



Spring Lamb Roasted with Mint and Garlic

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings anchovy butter
- ☐ 1 garlic head cut in half crosswise
- ☐ 2 lamb loins
- ☐ 4 lbs boned lamb loins
- ☐ 1 lemon zest
- ☐ 1 bunch mint leaves ends trimmed
- ☐ 3 tablespoons mint leaves chopped
- ☐ 2 tablespoons olive oil

- ☐ 0.5 teaspoon pepper
- ☐ 1 salt-packed anchovy minced rinsed
- ☐ 0.5 teaspoon sea salt
- ☐ 0.5 cup butter unsalted at room temperature
- ☐ 0.5 cup onion yellow minced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Make butter: Put ingredients into bowl of a mixer and beat until smooth.
- ☐ Prepare lamb: Preheat oven to 42
- ☐ Heat a large cast-iron frying pan over high heat until very hot.
- ☐ Add oil and swirl pan to coat. Put lamb in center of pan. Put garlic halves on either side of lamb, cut sides up, and lay mint over garlic. Cook lamb, turning once, until well browned, about 4 minutes on each side.
- ☐ Put pan with lamb in oven to roast until meat reaches 125 on a meat thermometer, 12 to 14 minutes for medium-rare.
- ☐ Transfer lamb to a cutting board and tent with foil.
- ☐ Let rest 10 minutes before slicing.
- ☐ Serve with mint and garlic on the side and a dollop of anchovy butter on the warm lamb slices.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:22.047826046529%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 815.67kcal (40.78%), Fat: 72.25g (111.16%), Saturated Fat: 33.49g (209.31%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.14g (0.42%), Sugar: 0.47g (0.52%), Cholesterol: 207mg (69%), Sodium: 314.35mg (13.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.01g (76.02%), Vitamin B12: 5.28µg (87.96%), Vitamin B3: 13.6mg (68%), Selenium: 42.99µg (61.42%), Zinc: 7.81mg (52.07%), Phosphorus: 366.56mg (36.66%), Vitamin B2: 0.49mg (29.03%), Iron: 3.71mg (20.61%), Vitamin B1: 0.26mg (17.24%), Vitamin B6: 0.32mg (15.86%), Potassium: 541.19mg (15.46%), Vitamin B5: 1.52mg (15.24%), Magnesium: 51.39mg (12.85%), Copper: 0.25mg (12.34%), Vitamin A: 581.68IU (11.63%), Folate: 46.18µg (11.55%), Vitamin K: 11.87µg (11.31%), Vitamin E: 1.41mg (9.39%), Manganese: 0.11mg (5.36%), Calcium: 51.37mg (5.14%), Vitamin C: 2.58mg (3.13%), Vitamin D: 0.44µg (2.93%), Fiber: 0.48g (1.92%)