



Stuffed Leg of Lamb

READY IN



150 min.

SERVINGS



6

CALORIES



774 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 0.5 cup caciocavallo cheese freshly grated
- ☐ 6 servings chili flakes
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 eggs beaten
- ☐ 0.5 bunch parsley leaves fresh chopped
- ☐ 1 pound peas fresh green
- ☐ 0.8 pound lamb
- ☐ 3 pound leg of lamb

- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 2 small onions chopped
- ☐ 6 ounces pancetta cut into 1-inch dice
- ☐ 6 servings salt and pepper black freshly ground

Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ kitchen twine

Directions

- ☐ In a Dutch oven heat 3 tablespoons olive oil over medium-high heat until hot but not smoking.
- ☐ Add onion and saute until just beginning to soften, about 5 minutes.
- ☐ Add pancetta and peas and toss.
- ☐ Add the ground lamb, season with salt and pepper and cook 8 to 10 minutes.
- ☐ Let cool, add eggs and chili flakes and stir through fat, about 3 to 5 minutes.
- ☐ Remove from the heat and let cool. Once the meat mixture is cool, add the bread crumbs, grated cheese, and parsley, Stir to blend.
- ☐ Use the mixture to stuff the leg of lamb, dividing the stuffing evenly throughout the meat flaps created by the butterfly cut. Use butcher's twine to tie the leg so that none of the stuffing will spill out. Season with salt and pepper.
- ☐ Heat the remaining 3 tablespoons olive oil in the 12-inch saute pan over high heat. When the oil is hot but not smoking add the stuffed leg to the pan and sear it.
- ☐ Pour in the white wine and allow it to evaporate. Season, to taste, with salt and pepper and cover with the lid. Lower the heat to medium and allow the leg of lamb to cook until medium, about 45 minutes.
- ☐ Add water when necessary to keep the leg from sticking to the pan.
- ☐ Serve hot, drizzled with gravy from the pan.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:3.6, Inflammation Score:-9, Nutrition Score:40.919565148976%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 10.25mg, Apigenin: 10.25mg, Apigenin: 10.25mg, Apigenin: 10.25mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 774.27kcal (38.71%), Fat: 50.69g (77.99%), Saturated Fat: 16.28g (101.72%), Carbohydrates: 22.12g (7.37%), Net Carbohydrates: 16.13g (5.87%), Sugar: 6.3g (7%), Cholesterol: 215.52mg (71.84%), Sodium: 499.48mg (21.72%), Alcohol: 2.06g (100%), Alcohol %: 0.65% (100%), Protein: 52.38g (104.75%), Vitamin K: 110.43µg (105.17%), Vitamin B12: 5.57µg (92.85%), Selenium: 61.29µg (87.55%), Vitamin B3: 15.96mg (79.79%), Zinc: 9.56mg (63.73%), Phosphorus: 593.55mg (59.35%), Vitamin C: 38.3mg (46.42%), Vitamin B2: 0.78mg (45.69%), Vitamin B1: 0.66mg (43.89%), Vitamin A: 1756.53IU (35.13%), Iron: 6.24mg (34.69%), Vitamin B6: 0.65mg (32.33%), Folate: 123.14µg (30.78%), Manganese: 0.55mg (27.69%), Potassium: 939.57mg (26.84%), Vitamin E: 3.7mg (24.67%), Magnesium: 96.87mg (24.22%), Fiber: 5.99g (23.96%), Copper: 0.46mg (22.86%), Vitamin B5: 2.02mg (20.23%), Calcium: 150.13mg (15.01%), Vitamin D: 0.52µg (3.47%)