



HEALTH SCORE

59%

Tandoori-Spiced Leg of Lamb



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 3 large garlic cloves minced
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 5.5 teaspoons ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground fenugreek
- ☐ 5.5 teaspoons hungarian paprika sweet
- ☐ 6.3 pound leg of lamb whole bone-in
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime zest grated
- ☐ 2 teaspoons salt
- ☐ 1 cup whole-milk yogurt plain
- ☐ 1 teaspoon turmeric

Equipment

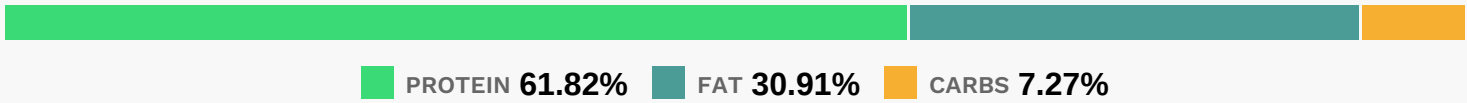
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine yogurt, lime juice, garlic, lime peel, ginger, salt, paprika, coriander, cumin, turmeric, cardamom, dry mustard, cayenne pepper, fenugreek, cloves, and cinnamon in small bowl; whisk to blend.
- ☐ Place leg of lamb on rack set in large roasting pan. Coat leg of lamb with yogurt mixture. Cover lamb loosely with plastic wrap or tent with aluminum foil (do not allow aluminum foil to touch coating) and refrigerate overnight.
- ☐ Preheat oven to 375°F. Roast leg of lamb uncovered until thermometer inserted into thickest part of meat (not touching bone) registers 125°F for medium-rare, about 1 hour 35 minutes.
- ☐ Let lamb rest 15 minutes before serving.

Be sure to tent the marinated lamb loosely with aluminum foil. When acidic foods come into contact with foil, a chemical reaction can occur that may alter the flavor and color of the dish.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.21, Inflammation Score:-9, Nutrition Score:26.763478180637%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 319.19kcal (15.96%), Fat: 10.73g (16.51%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 4.31g (1.57%), Sugar: 2.7g (3%), Cholesterol: 143.49mg (47.83%), Sodium: 746.02mg (32.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.3g (96.6%), Vitamin B12: 6.21µg (103.58%), Selenium: 54.5µg (77.85%), Vitamin B3: 14.19mg (70.93%), Zinc: 9.07mg (60.44%), Phosphorus: 496.08mg (49.61%), Vitamin B2: 0.66mg (38.66%), Iron: 5mg (27.79%), Potassium: 806.98mg (23.06%), Vitamin B1: 0.34mg (22.92%), Vitamin B6: 0.45mg (22.71%), Magnesium: 77.08mg (19.27%), Vitamin B5: 1.86mg (18.59%), Copper: 0.32mg (16.22%), Vitamin A: 739.09IU (14.78%), Folate: 57.18µg (14.3%), Manganese: 0.22mg (11.05%), Calcium: 95.59mg (9.56%), Vitamin E: 0.98mg (6.51%), Fiber: 1.37g (5.48%), Vitamin C: 3.68mg (4.46%), Vitamin K: 1.44µg (1.37%)