



Tapenade-Stuffed Leg of Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 3 garlic cloves sliced
- ☐ 3 pounds leg of lamb boneless
- ☐ 6 servings sea salt and pepper black freshly ground to taste fine
- ☐ 0.3 cup tapenade
- ☐ 0.3 cup tapenade

Equipment

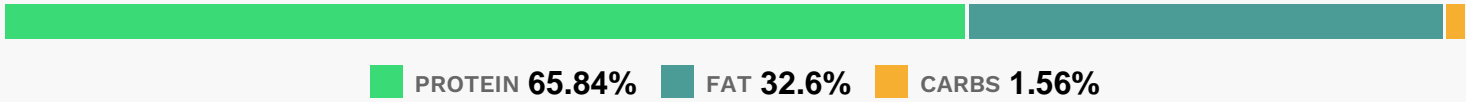
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 350°F. Oil a roasting pan just large enough to hold the lamb.
- ☐ Place a rack in the pan.
- ☐ Stuff the lamb Unroll the lamb and spread the boned-out side with the tapenade.
- ☐ Roll up the lamb tightly. Tie it at 2-inch intervals with kitchen twine. With a small, sharp knife, cut slits 2 or 3 inches apart in the top of the roast. Push the garlic slices into the slits.
- ☐ Sprinkle the roast all over with the rosemary, salt, and pepper.
- ☐ Roast the lamb for about 1 hour and 15 minutes. To check for doneness, insert an instant-read thermometer in the thickest part of the meat. For medium-rare, the temperature should be 140 to 150°F. Cover loosely with foil and let the meat rest for at least 30 minutes before slicing.
- ☐ To serve
- ☐ Cut into thin slices.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:14.968261048846%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 186.25kcal (9.31%), Fat: 6.49g (9.99%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.02g (0.02%), Cholesterol: 91.44mg (30.48%), Sodium: 89.03mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.5g (59.01%), Vitamin B12: 3.86µg (64.3%), Selenium: 33.8µg (48.28%), Vitamin B3: 8.92mg (44.6%), Zinc: 5.51mg (36.74%), Phosphorus: 278.65mg (27.87%), Vitamin B2: 0.36mg (21.18%), Iron: 2.68mg (14.89%), Vitamin B1: 0.2mg (13.56%), Vitamin B6: 0.26mg (13.2%), Potassium: 424.73mg (12.14%), Vitamin B5: 1.04mg (10.44%), Magnesium: 39.73mg (9.93%), Copper: 0.19mg (9.39%), Folate: 33.65µg (8.41%), Manganese: 0.08mg (3.93%), Vitamin E: 0.32mg (2.11%), Calcium: 13.84mg (1.38%)