



Wine-Braised Leg of Lamb with Garlic

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 750 ml wine dry white (such as Chardonnay)
- ☐ 1 ounce thyme sprigs fresh
- ☐ 3 large heads garlic
- ☐ 4 large garlic clove divided minced
- ☐ 5.8 pound leg of lamb bone-in trimmed well

Equipment

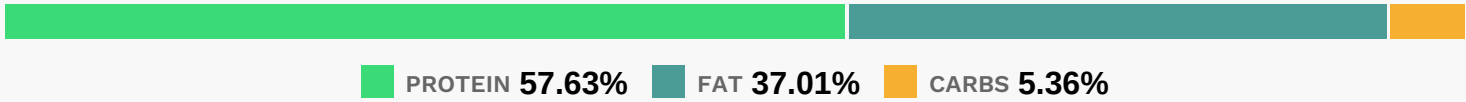
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ stove
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 475°F.
- ☐ Place lamb in large roasting pan. Rub all over with half of minced garlic.
- ☐ Sprinkle with salt and pepper.
- ☐ Place halved heads of garlic around lamb, cut side up. Scatter 1 bunch thyme over and around lamb. Roast lamb 20 minutes. Reduce oven temperature to 350°F. Boil wine in large saucepan for 5 minutes.
- ☐ Pour wine around lamb. Cover and roast until lamb is very tender, about 2 hours 45 minutes longer. (Can be made 1 day ahead. Cool, uncovered, 1 hour. Cover and refrigerate. Rewarm, covered, in 350°F oven for 30 minutes before continuing.)
- ☐ Transfer lamb and heads of garlic to platter. Tent with foil. Using slotted spoon, remove thyme sprigs and garlic skins from pan juices.
- ☐ Place roasting pan over medium-high heat on stovetop. Bring juices to boil.
- ☐ Add butter and remaining minced garlic. Boil until juices thicken slightly, about 12 minutes. Season jus with salt and pepper. Slice lamb; spoon jus over.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:30.173913139364%

Flavonoids

Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin:

0.7mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 496.47kcal (24.82%), Fat: 16.23g (24.97%), Saturated Fat: 6.83g (42.7%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 4.57g (1.66%), Sugar: 1.25g (1.38%), Cholesterol: 185.3mg (61.77%), Sodium: 206.99mg (9%), Alcohol: 13.06g (100%), Alcohol %: 4.01% (100%), Protein: 56.85g (113.71%), Vitamin B12: 7.4µg (123.37%), Selenium: 64.88µg (92.69%), Vitamin B3: 17.3mg (86.52%), Zinc: 10.79mg (71.91%), Phosphorus: 561.32mg (56.13%), Vitamin B2: 0.73mg (42.96%), Iron: 6.19mg (34.41%), Vitamin B6: 0.58mg (28.83%), Vitamin B1: 0.4mg (26.48%), Potassium: 921.39mg (26.33%), Magnesium: 94.9mg (23.72%), Vitamin B5: 2.07mg (20.68%), Copper: 0.38mg (19.19%), Manganese: 0.34mg (16.86%), Folate: 66.6µg (16.65%), Vitamin C: 8.34mg (10.11%), Vitamin A: 341.33IU (6.83%), Calcium: 52.62mg (5.26%), Vitamin E: 0.71mg (4.75%), Fiber: 0.71g (2.86%)