



## Zinfandel-Braised Leg of Lamb

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 1 teaspoon pepper black divided freshly ground
- 6 cups extra wide egg noodles hot cooked uncooked ()
- 1 teaspoon basil dried
- 1 tablespoon flour all-purpose
- 6 garlic cloves sliced
- 1 tablespoon juniper berries crushed
- 1 teaspoon kosher salt divided

- 2.5 pound leg of lamb boneless
- 2 teaspoons olive oil
- 1 teaspoon allspice whole crushed
- 1 cup red wine dry red fruity

## Equipment

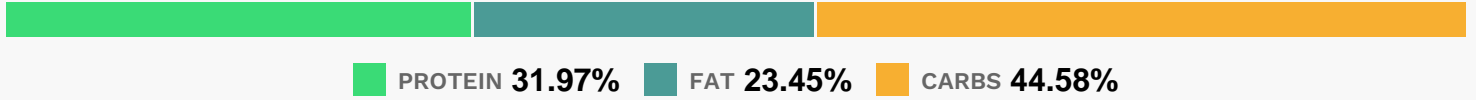
- bowl
- frying pan
- sieve
- slow cooker
- kitchen twine

## Directions

- Unroll lamb; trim fat.
- Sprinkle evenly with 1/2 teaspoon salt and 1/2 teaspoon pepper. Reroll lamb; secure at 1-inch intervals with twine.
- Sprinkle evenly with flour.
- Heat oil in a nonstick skillet over medium-high heat.
- Add lamb to pan; cook 6 minutes, turning to brown on all sides.
- Place lamb in an electric slow cooker.
- Add juniper berries, allspice, and garlic to pan; cook over medium heat 2 minutes or until garlic is lightly browned.
- Add wine to pan, scraping pan to loosen browned bits; cook until reduced to 1/2 cup (about 3 minutes). Scrape wine mixture into cooker; add basil and bay leaves. Cover and cook on LOW 8 hours or until lamb is tender.
- Remove lamb from cooker; keep warm. Strain cooking liquid through a sieve into a bowl; discard solids.
- Add remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper to cooking liquid; stir.
- Remove twine from lamb, and discard. Break lamb into chunks with 2 forks.
- Serve lamb and cooking liquid over egg noodles.

- Wine note: With jammy fruit and light tannins, zinfandel makes a great wine for cooking. Choose something you'll relish drinking with the dish, like Francis Coppola Director's
- Cut Zinfandel 2005 (\$22). Bursting with raspberry and cherry flavors, the peppery notes of this wine are a good match for the spicy, herbal qualities of the sauce, while the modest tannins are perfect with leaner red meat. Jeffery Lindenmuth

## Nutrition Facts



### Properties

Glycemic Index:33.67, Glycemic Load:20.24, Inflammation Score:-5, Nutrition Score:20.336521698081%

### Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

### Nutrients (% of daily need)

Calories: 439.42kcal (21.97%), Fat: 10.53g (16.21%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 45.06g (15.02%), Net Carbohydrates: 42.71g (15.53%), Sugar: 0.68g (0.75%), Cholesterol: 122.6mg (40.87%), Sodium: 470.8mg (20.47%), Alcohol: 4.37g (100%), Alcohol %: 1.68% (100%), Protein: 32.32g (64.63%), Selenium: 67.12µg (95.88%), Vitamin B12: 3.36µg (55.98%), Vitamin B3: 8.19mg (40.94%), Zinc: 5.68mg (37.88%), Phosphorus: 359.29mg (35.93%), Manganese: 0.68mg (33.9%), Vitamin B2: 0.34mg (20.14%), Iron: 3.5mg (19.45%), Magnesium: 69.69mg (17.42%), Copper: 0.33mg (16.53%), Vitamin B6: 0.32mg (15.96%), Vitamin B1: 0.23mg (15.46%), Vitamin B5: 1.31mg (13.08%), Potassium: 435.93mg (12.46%), Folate: 41.89µg (10.47%), Fiber: 2.35g (9.4%), Vitamin E: 0.75mg (5%), Calcium: 43.13mg (4.31%), Vitamin K: 4.26µg (4.06%), Vitamin C: 1.27mg (1.55%), Vitamin D: 0.16µg (1.07%)