

# Grilled Butterflied Leg of Lamb

Yield: 9 min  
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-butterflied-lamb-leg-recipe>

## Ingredients:

- 1/2 onion
- 4 cloves garlic peeled
- 2 tablespoons rosemary leaves fresh, or 1 Tbsp dried
- 1 lemon
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- ground black pepper
- kosher salt
- 1 leg of lamb boneless, 5 to 6 pounds, butterflied

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 160 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 53 grams
7. SaturatedFat: 5 grams
8. Sodium: 240 milligrams

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