

Roast Shoulder of Lamb

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-lamb-shoulder-recipe>

Ingredients:

- 1 bunch fresh rosemary
- 1 bunch fresh thyme
- 4 pounds lamb shoulder
- coarse salt
- ground black pepper freshly
- 12 white onions peeled small

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 200 milligrams
4. Fat: 21 grams
5. Fiber: 5 grams
6. Protein: 63 grams
7. SaturatedFat: 6 grams
8. Sodium: 350 milligrams
9. Sugar: 9 grams

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