



Barbecued Rack of Lamb with Tomato-Mint Dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 well-trimmed 8-rib lamb racks of cut into 4 double chops
- ☐ 0.7 cup olive oil
- ☐ 2 plum tomatoes seeded chopped
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 1 tablespoon grain dijon mustard whole

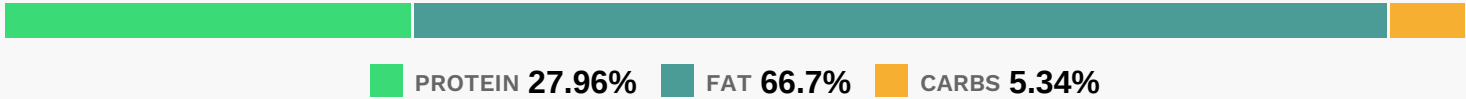
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Press 2 whole cloves, close to bone, into each double lamb chop. Arrange chops in 13x9x2-inch glass baking dish.
- ☐ Whisk oil, mint, vinegar, and mustard in small bowl to blend. Season dressing generously with salt and pepper. Spoon 1/3 cup dressing over lamb and turn to coat evenly; reserve remaining dressing in bowl.
- ☐ Let lamb marinate at room temperature 2 hours or cover and refrigerate up to 6 hours, turning lamb occasionally.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Mix tomatoes into reserved dressing in bowl. Grill lamb until cooked to desired doneness, turning occasionally, about 10 minutes for medium-rare.
- ☐ Transfer lamb chops to platter; spoon tomato-mint dressing over and serve.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:8.3186956799549%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 173.78kcal (8.69%), Fat: 12.66g (19.47%), Saturated Fat: 2.89g (18.06%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.87g (0.97%), Cholesterol: 37.29mg (12.43%), Sodium: 86.56mg (3.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.88%), Vitamin B12: 1.34µg (22.41%), Selenium: 13.87µg (19.82%), Vitamin B3: 3.63mg (18.14%), Zinc: 2.29mg (15.27%), Phosphorus: 119.06mg (11.91%), Vitamin A: 499.84IU (10%), Vitamin E: 1.32mg (8.83%), Iron: 1.48mg (8.22%), Vitamin B2: 0.14mg (8.02%), Potassium: 266.72mg (7.62%), Vitamin C: 6.13mg (7.42%), Manganese: 0.14mg (6.88%), Vitamin K: 6.84µg (6.51%), Vitamin B6: 0.13mg (6.25%), Magnesium: 24.43mg (6.11%), Vitamin B1: 0.09mg (6.06%), Folate: 23.19µg (5.8%), Copper: 0.1mg (5.19%), Vitamin B5: 0.43mg (4.25%), Fiber: 0.98g (3.93%), Calcium: 26.88mg (2.69%)