



## Black and Blue Lamb, Pistachio and Arugula Salad

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



1064 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 5 ounce baby arugula
- 1 cup balsamic vinegar
- 8 ounces cheese blue crumbled
- 0.5 cup brown sugar
- 10 basil leaves fresh chopped
- 1 sprig rosemary fresh chopped
- 2 teaspoons sea salt

- 0.5 teaspoon ground pepper black
- 1 teaspoon kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup olive oil
- 3 tablespoons olive oil
- 0.5 cup pistachios chopped
- 1 lamb loins rack of

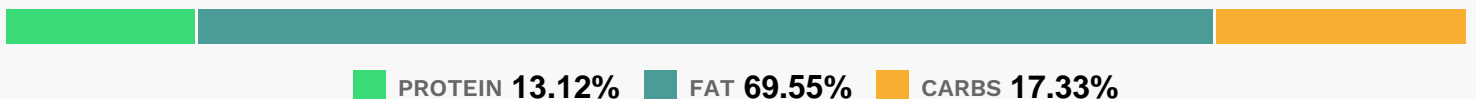
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Heat a saute pan over high heat until the pan is smoking.
- Sprinkle the lamb with salt, pepper and rosemary on all sides. Once the pan is hot, add the olive oil and then sear the meat on all sides, rolling the meat around the pan to cook evenly. For medium rare, cook 2 to 3 minutes per side. For more well done, turn the heat down to medium and cook another 2 to 3 minutes per side. Set the meat aside to rest for 5 minutes.
- Whisk the balsamic vinegar, brown sugar, granulated garlic, salt and pepper in a bowl and slowly drizzle in the olive oil to make an emulsion. Make sure to whisk vigorously while pouring in the oil. Finish with the basil, taste and adjust the seasoning, if necessary.
- For the salad: Toss the arugula, pistachios and blue cheese with 1/4 cup of the vinaigrette. Season with salt and pepper. Slice the lamb very thin and top the salad with the sliced lamb.

## Nutrition Facts



## Properties

Glycemic Index:66.5, Glycemic Load:6.59, Inflammation Score:-8, Nutrition Score:27.012173823688%

## Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

## Nutrients (% of daily need)

Calories: 1064.33kcal (53.22%), Fat: 82.09g (126.3%), Saturated Fat: 32.5g (203.16%), Carbohydrates: 46.03g (15.34%), Net Carbohydrates: 43.64g (15.87%), Sugar: 38.44g (42.71%), Cholesterol: 136.84mg (45.61%), Sodium: 1336.32mg (58.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.69%), Vitamin B12: 3.29µg (54.76%), Vitamin K: 54.29µg (51.7%), Phosphorus: 503.76mg (50.38%), Selenium: 30.96µg (44.23%), Calcium: 435.97mg (43.6%), Vitamin B3: 8.5mg (42.5%), Zinc: 5.49mg (36.63%), Vitamin B2: 0.51mg (30.06%), Vitamin A: 1392.73IU (27.85%), Vitamin B6: 0.56mg (27.83%), Manganese: 0.5mg (24.84%), Potassium: 803.21mg (22.95%), Iron: 3.92mg (21.78%), Vitamin E: 3.18mg (21.22%), Magnesium: 83.19mg (20.8%), Folate: 81.75µg (20.44%), Vitamin B5: 2.04mg (20.39%), Copper: 0.41mg (20.32%), Vitamin B1: 0.3mg (19.81%), Fiber: 2.39g (9.57%), Vitamin C: 6.38mg (7.73%), Vitamin D: 0.28µg (1.89%)