



Black Jack Lamb Rack

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



834 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon garlic salt
- 2 teaspoons ground pepper black
- 0.5 cup blackstrap molasses
- 2 lamb loins racks of
- 1 cup steak sauce (recommended: Lea & Perrins)
- 1 cup irish whiskey (recommended: Jack Daniel's)

Equipment

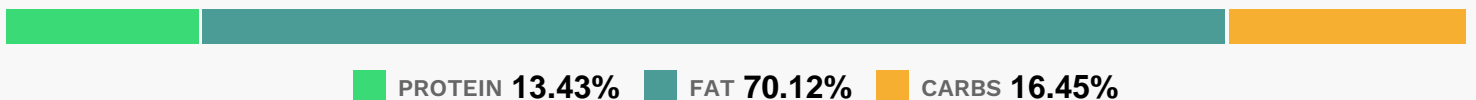
- baking sheet

- sauce pan
- oven
- grill
- aluminum foil
- cutting board

Directions

- Set up the grill for direct cooking over medium-high heat and oil the grates.
- In a small saucepan, combine whiskey, steak sauce, and molasses. Bring to boil, reduce the heat, and simmer for 20 minutes.
- Remove from the heat and set aside.
- Season the racks of lamb with the garlic salt and pepper and place on the grill, meat side down. Cook for 10 to 12 minutes. Turn and continue cooking for another 10 to 12 minutes, basting the meat with sauce every 5 minutes. If bones start to burn, fold a piece of aluminum foil over the ends.
- Remove from grill and baste with sauce.
- Let stand 5 minutes before cutting.
- Serve the lamb chops with extra sauce on the side.
- INDOOR: Preheat oven to 425 degrees F. Prepare and season racks as directed.
- Place on foil lined baking sheet fat side up. Roast for 20 to 30 minutes, or until meat registers 135 to 140 degrees F for medium. Baste with sauce every 10 minutes.
- Transfer the racks to a cutting board, brush with sauce, and tent with foil.
- Let sit 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:9.32, Inflammation Score:-5, Nutrition Score:18.986956456433%

Nutrients (% of daily need)

Calories: 834.35kcal (41.72%), Fat: 57.04g (87.76%), Saturated Fat: 25.1g (156.87%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 29.34g (10.67%), Sugar: 24.88g (27.65%), Cholesterol: 125.75mg (41.92%), Sodium: 1914.93mg (83.26%), Alcohol: 14.16g (100%), Alcohol %: 6.51% (100%), Protein: 24.59g (49.17%), Vitamin B12: 3.46µg (57.64%), Vitamin B3: 10.72mg (53.62%), Selenium: 33.15µg (47.35%), Zinc: 4.72mg (31.45%), Manganese: 0.62mg (30.79%), Magnesium: 105.6mg (26.4%), Phosphorus: 250.61mg (25.06%), Potassium: 856.62mg (24.47%), Iron: 4.25mg (23.59%), Vitamin B6: 0.41mg (20.67%), Vitamin B2: 0.34mg (19.87%), Copper: 0.37mg (18.68%), Vitamin B1: 0.19mg (12.95%), Vitamin B5: 1.26mg (12.61%), Calcium: 93.54mg (9.35%), Folate: 26.43µg (6.61%), Vitamin E: 0.76mg (5.07%), Vitamin C: 2.67mg (3.24%), Fiber: 0.76g (3.03%), Vitamin A: 119.68IU (2.39%), Vitamin K: 1.96µg (1.86%)