



Caraway and Fennel Crusted Loin of Lamb with Mustard Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons caraway seeds
- ☐ 3 cups chicken stock see
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup cooking wine dry red
- ☐ 3 tablespoons fennel seeds
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 1 lamb loin fillet
- ☐ 3 tablespoons olive oil
- ☐ 2 shallots finely sliced
- ☐ 2 tablespoons whole-grain mustard

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ stove

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place the seeds in a coffee grinder and grind to a powder.
- ☐ Place the mixture on a plate. Season the loin with salt and pepper to taste and dredge on all sides with the spice mixture.
- ☐ Heat the oil in a medium skillet over high heat until almost smoking. Sear the lamb on all sides until golden brown.
- ☐ Transfer the lamb to the oven and roast for 8 to 10 minutes for medium-rare doneness.
- ☐ Remove and let rest.
- ☐ Place the skillet on top of the stove over high heat.
- ☐ Remove all but 2 tablespoons of the fat.
- ☐ Add the shallots and cook until soft.
- ☐ Add the wine and cook until reduced by 3/4.
- ☐ Add the stock and cook until reduced by half.
- ☐ Whisk in the mustards and season with salt and pepper to taste.
- ☐ Remove from the heat and stir in the mint.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:9.3856522220632%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 258.44kcal (12.92%), Fat: 14.55g (22.38%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 11.07g (4.03%), Sugar: 4.07g (4.52%), Cholesterol: 5.57mg (1.86%), Sodium: 429.8mg (18.69%), Alcohol: 6.3g (100%), Alcohol %: 2.75% (100%), Protein: 7.28g (14.57%), Manganese: 0.49mg (24.69%), Fiber: 4.77g (19.09%), Vitamin B3: 3.45mg (17.24%), Iron: 2.53mg (14.06%), Selenium: 9.82µg (14.03%), Phosphorus: 122.23mg (12.22%), Vitamin B2: 0.21mg (12.1%), Magnesium: 48.2mg (12.05%), Potassium: 406.62mg (11.62%), Vitamin E: 1.74mg (11.58%), Calcium: 110.95mg (11.1%), Copper: 0.22mg (10.91%), Vitamin B6: 0.2mg (10.23%), Vitamin B1: 0.14mg (9.13%), Vitamin K: 7.17µg (6.83%), Zinc: 0.85mg (5.66%), Vitamin C: 4.11mg (4.98%), Folate: 17.68µg (4.42%), Vitamin A: 145.71IU (2.91%)