



Cranberry-Crusted Rack of Lamb with Rosemary Potatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.3 teaspoon pepper black
- 0.5 teaspoon rosemary dried
- 0.8 teaspoon rosemary dried
- 2 garlic cloves
- 2 tablespoons dijon honey mustard
- 1.5 pound french-cut lamb rack of (8 ribs)

- 1 teaspoon olive oil
- 2 tablespoons teaspoons parsley flakes dried fresh chopped
- 18 ounces potatoes red quartered
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 0.5 cup seasoned bread crumbs
- 1 small shallots peeled quartered
- 2 tablespoons cranberries dried sweetened (such as Craisins)

Equipment

- food processor
- bowl
- oven
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 42
- To prepare rack of lamb, trim fat from lamb; place lamb, meat side up, on a broiler pan. Insert meat thermometer into the thickest part of lamb, making sure thermometer does not touch bone.
- Combine cranberries, 3/4 teaspoon rosemary, garlic, and shallot in a food processor; process until cranberries are chopped.
- Add breadcrumbs, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- Spread mustard over lamb; pat breadcrumb mixture into mustard on lamb.
- Drizzle with 1 teaspoon olive oil.
- To prepare potatoes, combine potatoes and remaining ingredients in a bowl. Arrange potatoes around lamb.
- Bake lamb and potatoes at 425 for 40 minutes or until the thermometer registers 145 (medium-rare) to 160 (medium). Cover the lamb and let stand 10 minutes; slice the rack into

8 chops.

Nutrition Facts

PROTEIN 13.92% **FAT 60.8%** **CARBS 25.28%**

Properties

Glycemic Index:66, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:20.046087161354%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 665.84kcal (33.29%), Fat: 44.86g (69.02%), Saturated Fat: 19.24g (120.27%), Carbohydrates: 41.96g (13.99%), Net Carbohydrates: 38.1g (13.85%), Sugar: 10.03g (11.15%), Cholesterol: 94.52mg (31.51%), Sodium: 554.39mg (24.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.22%), Vitamin B3: 10.12mg (50.59%), Vitamin B12: 2.65µg (44.13%), Selenium: 25.69µg (36.7%), Phosphorus: 285.81mg (28.58%), Zinc: 4.11mg (27.39%), Manganese: 0.53mg (26.69%), Potassium: 911.27mg (26.04%), Vitamin B1: 0.38mg (25.45%), Vitamin K: 25.75µg (24.52%), Vitamin B6: 0.43mg (21.61%), Vitamin B2: 0.37mg (21.59%), Iron: 3.78mg (21%), Copper: 0.34mg (17.17%), Vitamin C: 13.63mg (16.52%), Magnesium: 63.7mg (15.92%), Folate: 62.29µg (15.57%), Fiber: 3.86g (15.44%), Vitamin B5: 1.28mg (12.76%), Calcium: 77.16mg (7.72%), Vitamin E: 0.67mg (4.48%), Vitamin A: 59.66IU (1.19%)