

Crispy Rack of Lamb with Honey and Mascarpone

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup crème fraîche
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.8 tablespoon ground cumin
- ☐ 2 tablespoons herbs de provence
- ☐ 3 tablespoons honey
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 3 pounds lamb loins racks of with 1/4-inch of fat left on meat trimmed

- ☐ 0.5 cup mascarpone cheese at room temperature
- ☐ 0.3 cup olive oil

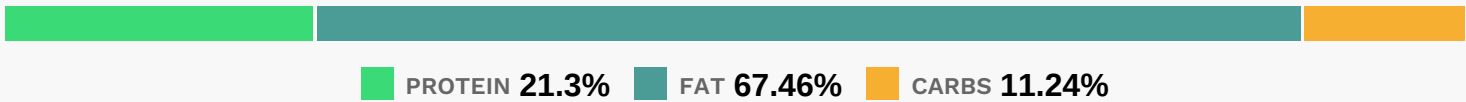
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 425 degrees F.
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Drizzle the olive oil on both sides of the lamb. Season with salt, pepper and herbs de Provence. Grill the lamb for 5 minutes on each side until brown.
- ☐ Place the lamb in a shallow roasting pan or baking sheet and roast for 25 minutes for medium-rare. Allow the lamb to rest for 10 minutes before slicing.
- ☐ For the sauce:In a small bowl, combine the creme fraiche, honey, cumin, and mint.
- ☐ Add the mascarpone cheese and stir until just combined. Season with salt and pepper, to taste.
- ☐ Cut the lamb between the bones into individual chops and serve with the sauce.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:4.54, Inflammation Score:-4, Nutrition Score:13.620434750681%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg

Nutrients (% of daily need)

Calories: 406.53kcal (20.33%), Fat: 30.44g (46.83%), Saturated Fat: 11.7g (73.12%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 10.66g (3.88%), Sugar: 9.31g (10.35%), Cholesterol: 94.42mg (31.47%), Sodium: 89.6mg (3.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.25%), Vitamin B12: 2.36µg (39.35%), Selenium: 22.65µg (32.35%), Vitamin B3: 5.9mg (29.52%), Vitamin K: 28.77µg (27.4%), Zinc: 3.93mg (26.2%), Iron: 3.98mg (22.09%), Phosphorus: 199.3mg (19.93%), Vitamin B2: 0.24mg (14.33%), Vitamin E: 1.68mg (11.2%), Vitamin A: 513.45IU (10.27%), Manganese: 0.2mg (9.81%), Calcium: 94.71mg (9.47%), Potassium: 323.02mg (9.23%), Vitamin B6: 0.18mg (8.97%), Vitamin B1: 0.13mg (8.93%), Magnesium: 33.69mg (8.42%), Vitamin B5: 0.71mg (7.12%), Copper: 0.14mg (7.01%), Folate: 27.49µg (6.87%), Fiber: 0.75g (3.01%), Vitamin C: 1.48mg (1.79%)