



 **57%**  
HEALTH SCORE

## Crusted Rack of Lamb with Jus and Baby Carrot and Asparagus

READY IN



30 min.

SERVINGS



6

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound asparagus trimmed
- 1 pound baby carrots
- 0.5 cup beef stock
- 0.5 cup bread crumbs
- 1 tablespoon freshly chives chopped
- 2 sprigs sage fresh
- 2 sprigs thyme leaves fresh
- 2 garlic cloves minced

- 0.5 juice of orange juiced
- 3 pounds lamb loins racks of trimmed
- 1 tablespoon olive oil for searing
- 2 tablespoons parmesan grated
- 0.5 cup pinenuts crushed
- 0.5 cup port
- 6 servings salt and pepper black freshly ground
- 0.5 cup whole-grain mustard

## Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- roasting pan
- stove

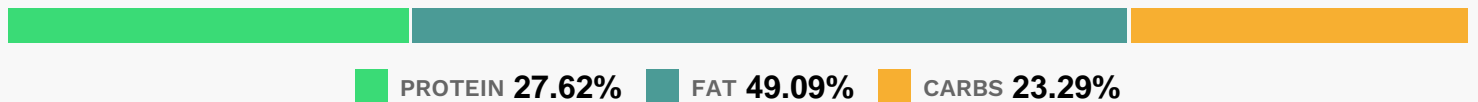
## Directions

- Preheat oven to 375 degrees F.
- Season rack of lamb with salt and pepper.
- Heat the oil in a large skillet. Once heated, add the lamb and sear until golden brown, about 5 minutes.
- In a mixing bowl place crushed pine nuts, bread crumbs, chives, garlic, and Parmesan; mix all the ingredients together.
- Place the seared lamb into a roasting pan. Spoon the whole-grain mustard on top to cover the entire meat side of the rack.
- Sprinkle the bread crumb mixture to cover the mustard. Once the lamb has been covered by an even layer of the mixture place the roasting pan into the oven and cook until medium-rare about 10 to 15 minutes. Once out of the oven remove lamb from pan and set aside on a plate to rest for about 10 minutes. Meanwhile, place the roasting pan on the stove top and deglaze

with the beef stock, port and orange juice.

- Add sprigs of sage and thyme and bring to a simmer to quickly reduce. When reduced spoon jus over the lamb and serve.
- In a saucepan of boiling salted water add the baby carrots and cook for about 3 to 4 minutes. At the halfway point add trimmed asparagus and cook for about 1 to 2 minutes. Strain all vegetables when done.
- Serve with roasted rack of lamb,;

## Nutrition Facts



## Properties

Glycemic Index:49.17, Glycemic Load:0.9, Inflammation Score:-10, Nutrition Score:31.30217380352%

## Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 4.34mg, Isorhamnetin: 4.34mg, Isorhamnetin: 4.34mg, Isorhamnetin: 4.34mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.01mg, Quercetin: 11.01mg, Quercetin: 11.01mg, Quercetin: 11.01mg

## Nutrients (% of daily need)

Calories: 396.75kcal (19.84%), Fat: 20.88g (32.12%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 16.67g (6.06%), Sugar: 8.39g (9.33%), Cholesterol: 65.5mg (21.83%), Sodium: 493.49mg (21.46%), Alcohol: 3.06g (100%), Alcohol %: 1.14% (100%), Protein: 26.44g (52.87%), Vitamin A: 11075.84IU (221.52%), Manganese: 1.49mg (74.59%), Selenium: 34.44µg (49.2%), Copper: 0.95mg (47.61%), Vitamin K: 48.23µg (45.93%), Vitamin B3: 8.37mg (41.85%), Vitamin B12: 2.37µg (39.54%), Phosphorus: 361.74mg (36.17%), Zinc: 5.35mg (35.68%), Iron: 5.55mg (30.85%), Vitamin B1: 0.43mg (28.89%), Vitamin B2: 0.44mg (25.69%), Folate: 97.85µg (24.46%), Magnesium: 90.47mg (22.62%), Fiber: 5.62g (22.47%), Potassium: 782.62mg (22.36%), Vitamin B6: 0.37mg (18.45%), Vitamin E: 2.52mg (16.77%), Vitamin B5: 1.33mg (13.25%), Vitamin C: 10.01mg (12.13%), Calcium: 113.84mg (11.38%)