



Fennel and Rosemary-Crusted Roasted Rack of Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon fennel seeds crushed
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 12 ounce french-cut lamb rack of trimmed (6 ribs)
- ☐ 0.3 teaspoon salt

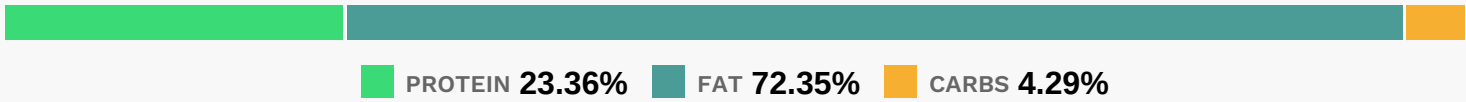
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 47
- ☐ Combine first 5 ingredients in a small bowl. Rub lamb evenly with garlic mixture; place on a broiler pan coated with cooking spray.
- ☐ Bake at 475 for 15 minutes or until a thermometer registers 145 (medium-rare) to 160 (medium).
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.96, Inflammation Score:-4, Nutrition Score:18.534347770007%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 507.25kcal (25.36%), Fat: 40.4g (62.16%), Saturated Fat: 17.4g (108.74%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 3.62g (1.32%), Sugar: 0.1g (0.11%), Cholesterol: 124.17mg (41.39%), Sodium: 395.67mg (17.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.35g (58.7%), Vitamin B12: 3.93µg (65.49%), Vitamin B3: 10.4mg (52.01%), Selenium: 33.31µg (47.58%), Zinc: 6.04mg (40.25%), Phosphorus: 297.67mg (29.77%), Manganese: 0.52mg (25.83%), Vitamin B2: 0.38mg (22.41%), Iron: 3.51mg (19.51%), Vitamin B6: 0.35mg (17.65%), Vitamin B1: 0.22mg (14.59%), Potassium: 484.56mg (13.84%), Magnesium: 52.15mg (13.04%), Copper: 0.25mg (12.36%), Vitamin B5: 1.18mg (11.81%), Calcium: 87.17mg (8.72%), Folate: 32.15µg (8.04%), Vitamin K: 7.91µg (7.54%), Fiber: 1.78g (7.11%), Vitamin C: 3.66mg (4.43%), Vitamin E: 0.36mg (2.39%), Vitamin D: 0.17µg (1.13%)