



## Fennel-Crusted Grilled Rack of Lamb

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



45 kcal

SIDE DISH

### Ingredients

- 2 tablespoons fennel seeds
- 1 tablespoon rosemary leaves fresh
- 3 large garlic cloves
- 1.5 tablespoons kosher salt
- 14 ribs american lamb thin fat removed
- 2 tablespoons olive oil extra-virgin
- 1 tablespoon pepper

### Equipment

- grill
- aluminum foil
- mortar and pestle

## Directions

- Crush fennel seeds, rosemary, and garlic with salt in a mortar, or chop as finely as possible.
- Mix with pepper and oil.
- Slather lamb with marinade. Chill, covered, at least 4 hours and up to 1 day.
- Take lamb out of refrigerator 1 hour before grilling. Wrap bone ends with foil.
- Heat a grill to medium-high (400°F)
- with one area left clear of coals (for charcoal) or a burner turned off (for gas) to make an indirect heat area. Grill lamb, meat side down, over indirect heat 5 minutes. Turn over and grill 10 minutes. Turn again; grill 10 minutes more. Move lamb to direct heat, meat side down, and grill 3 to 5 minutes, or until it's crisp and browned and registers 140 (for medium-rare).
- Let lamb rest on a platter 15 minutes.
- Cut between the bones to serve.
- \*Leave the barest sheath of fat on the meat--enough to crisp up on the grill but not so much that the dripping fat creates an inferno.

## Nutrition Facts

**PROTEIN 5.82%** **FAT 79.84%** **CARBS 14.34%**

## Properties

Glycemic Index:7.75, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.7434782765644%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 44.94kcal (2.25%), Fat: 4.18g (6.43%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.02g (0.02%), Cholesterol: 1.28mg (0.43%), Sodium: 1310.91mg (57%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.37%), Manganese: 0.22mg (10.93%), Vitamin E: 0.52mg (3.44%), Fiber: 0.85g (3.38%), Vitamin K: 3.42µg (3.25%), Calcium: 25.22mg (2.52%), Iron: 0.44mg (2.47%), Magnesium: 7.97mg (1.99%), Copper: 0.03mg (1.64%), Phosphorus: 13.12mg (1.31%), Potassium: 45.75mg (1.31%), Vitamin B6: 0.03mg (1.31%), Vitamin B3: 0.21mg (1.07%)