



# Garlic-Studded Rosemary Roast Rack of Lamb

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 teaspoon pepper black freshly ground
- 0.3 cup rosemary fresh chopped
- 6 garlic cloves thinly sliced (48 slices)
- 1 teaspoon kosher salt
- 4.5 pound french-cut lamb racks of (8 ribs each)

## Equipment

- oven
- kitchen thermometer

- aluminum foil
- broiler pan

## Directions

- Place lamb, meat side down, on a broiler pan coated with cooking spray.
- Cut a 1-inch-deep slit between each rib on the underside of each rack; stuff 2 garlic slices into each slit. Turn lamb, meat side up; coat with cooking spray.
- Sprinkle with pepper and rosemary, pressing gently to adhere. Cover and marinate in refrigerator 8 hours or overnight.
- Preheat oven to 45
- Sprinkle lamb evenly with salt.
- Bake at 450 for 20 minutes or until a thermometer registers 145 (medium-rare) to 160 (medium). Cover with foil; let stand 10 minutes before slicing each rack into 8 pieces.

## Nutrition Facts

**PROTEIN 15.78%** **FAT 83.61%** **CARBS 0.61%**

## Properties

Glycemic Index:5.17, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:10.082608777544%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 465.2kcal (23.26%), Fat: 42.75g (65.76%), Saturated Fat: 18.84g (117.77%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.02g (0.02%), Cholesterol: 94.37mg (31.46%), Sodium: 263.75mg (11.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.16g (36.31%), Vitamin B12: 2.6µg (43.25%), Vitamin B3: 7.58mg (37.9%), Selenium: 21.08µg (30.11%), Zinc: 3.39mg (22.6%), Phosphorus: 172.98mg (17.3%), Vitamin B2: 0.24mg (14.04%), Iron: 1.8mg (10.01%), Vitamin B1: 0.13mg (8.5%), Vitamin B6: 0.16mg (7.87%), Vitamin B5: 0.79mg (7.85%), Potassium: 247.4mg (7.07%), Copper: 0.12mg (5.93%), Magnesium: 23.46mg (5.86%), Folate: 18.06µg (4.52%), Manganese: 0.07mg (3.34%), Calcium: 23.8mg (2.38%), Vitamin E: 0.23mg (1.51%)