



## Greek Lemon Lamb Rack

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



931 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup firmly brown sugar packed
- 1 garlic clove thinly sliced
- 0.3 teaspoon garlic salt
- 0.3 cup honey
- 0.3 cup juice of lemon fresh
- 1 teaspoon lemon rind grated
- 1 teaspoon mint flakes dried
- 1.5 pound lamb rib roast trimmed

0.3 cup walnuts finely chopped

## Equipment

sauce pan

oven

roasting pan

kitchen thermometer

## Directions

Make 1-inch-deep cuts in lamb, and insert garlic slices.

Place lamb in a shallow roasting pan.

Bake at 325 for 1 hour.

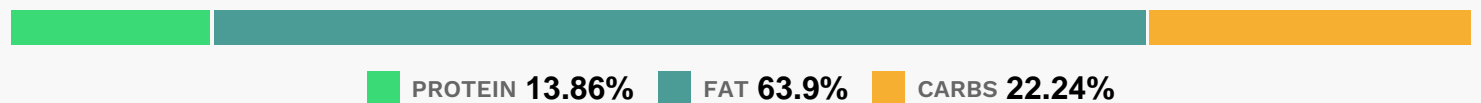
Stir together honey and next 3 ingredients in a small saucepan; cook over low heat until bubbly, stirring until sugar dissolves.

Remove from heat, and stir in lemon rind, mint, and walnuts.

Spoon lemon glaze over lamb; bake 30 more minutes or until a meat thermometer inserted into thickest portion registers 155 or to desired degree of doneness, basting occasionally with glaze.

Serve lamb immediately.

## Nutrition Facts



## Properties

Glycemic Index:34.09, Glycemic Load:16.41, Inflammation Score:-2, Nutrition Score:19.225652057192%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 931kcal (46.55%), Fat: 66.74g (102.67%), Saturated Fat: 25.79g (161.22%), Carbohydrates: 52.29g (17.43%),  
Net Carbohydrates: 51.35g (18.67%), Sugar: 49.51g (55.01%), Cholesterol: 137.17mg (45.72%), Sodium: 302.58mg  
(13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.12%), Vitamin B12: 5.26µg (87.63%),  
Selenium: 40.6µg (58%), Zinc: 7.28mg (48.51%), Vitamin B6: 0.69mg (34.33%), Phosphorus: 329.25mg (32.92%),  
Vitamin B3: 5.45mg (27.27%), Iron: 4mg (22.2%), Manganese: 0.43mg (21.72%), Potassium: 617.27mg (17.64%),  
Vitamin B2: 0.28mg (16.69%), Copper: 0.3mg (14.77%), Vitamin B1: 0.19mg (12.89%), Magnesium: 50.87mg (12.72%),  
Vitamin C: 9.36mg (11.34%), Vitamin B5: 0.71mg (7.14%), Folate: 25.08µg (6.27%), Calcium: 50.7mg (5.07%), Fiber:  
0.93g (3.72%)