



Grilled Rack of Lamb with Saffron Rice

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

READY IN



45 min.

SERVINGS



4

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup rice uncooked
- 1 bay leaf
- 2 cups less-sodium chicken broth fat-free
- 2 garlic cloves minced
- 0.1 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground coriander
- 0.5 teaspoon ground cumin

- 0.1 teaspoon ground pepper red
- 0.8 teaspoon kosher salt
- 1.5 pound french-cut lamb rack of (8 ribs)
- 1 teaspoon olive oil
- 1 cup onion diced
- 0.5 teaspoon paprika
- 0.3 teaspoon saffron threads crushed

Equipment

- frying pan
- sauce pan
- grill
- kitchen thermometer

Directions

- Heat a medium saucepan over medium heat. Coat pan with cooking spray.
- Add onion and garlic to pan; cook 5 minutes or until golden brown, stirring frequently.
- Add rice and next 3 ingredients (through bay leaf); bring to a boil. Cover, reduce heat, and simmer 20 minutes. Discard bay leaf. Keep warm.
- Prepare grill.
- Combine salt and next 6 ingredients (through pepper).
- Brush lamb with oil, and rub with salt mixture.
- Place lamb on grill rack coated with cooking spray; grill 10 minutes, turning once or until a thermometer registers 145 (medium-rare) to 160 (medium).
- Let stand 5 minutes before slicing into chops.
- Serve lamb with rice.
- Wine note: Lamb even spicy lamb like this is one of the most flexible meats when it comes to wine. It goes with just about every major red varietal. That said, when spice plays a key role, as it does here, I love to choose a thick, rich, spicy red that will both mirror the spiciness of the dish and act as a soft, thick backdrop. An Australian shiraz is perfect. And since this is a

special, fairly expensive cut of meat, I've chosen a wine worthy of it: Penfolds St. Henri 2003 from South Australia, \$ Karen MacNeil

Nutrition Facts

PROTEIN 13.74% **FAT 60.73%** **CARBS 25.53%**

Properties

Glycemic Index:62.55, Glycemic Load:23.25, Inflammation Score:-4, Nutrition Score:15.822608807813%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 665.28kcal (33.26%), Fat: 44.37g (68.26%), Saturated Fat: 19.08g (119.23%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 40.32g (14.66%), Sugar: 1.98g (2.2%), Cholesterol: 94.37mg (31.46%), Sodium: 974.65mg (42.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.59g (45.18%), Vitamin B12: 2.82µg (47.04%), Vitamin B3: 9.04mg (45.2%), Selenium: 30.82µg (44.02%), Manganese: 0.69mg (34.65%), Zinc: 4.02mg (26.77%), Phosphorus: 252.47mg (25.25%), Vitamin B2: 0.3mg (17.64%), Vitamin B6: 0.3mg (15.2%), Iron: 2.65mg (14.71%), Vitamin B5: 1.44mg (14.4%), Copper: 0.26mg (13.01%), Vitamin B1: 0.19mg (12.59%), Potassium: 401.91mg (11.48%), Magnesium: 41.44mg (10.36%), Folate: 30.14µg (7.54%), Fiber: 1.63g (6.51%), Calcium: 54.71mg (5.47%), Vitamin C: 3.55mg (4.3%), Vitamin E: 0.53mg (3.55%), Vitamin A: 155.57IU (3.11%), Vitamin K: 1.18µg (1.12%)