



Grilled Rack of Lamb with Three-Onion Jam

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 2 teaspoons butter
- 0.3 cup less-sodium chicken broth fat-free
- 2 teaspoons thyme leaves fresh chopped
- 0.3 teaspoon coarsely ground pepper black
- 0.5 teaspoon coarsely ground pepper black
- 3 pound french-cut lamb racks of trimmed (8 ribs each)
- 2 teaspoons olive oil

- 1.5 cups pearl onions halved
- 1 cup onion red chopped
- 1 tablespoon red wine vinegar
- 0.3 teaspoon salt
- 1.5 cups pieces shallots peeled

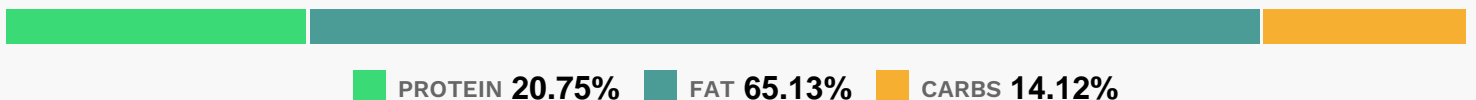
Equipment

- sauce pan
- grill

Directions

- To prepare jam, combine pearl onions, shallots, red onion, butter, olive oil, and brown sugar in a large saucepan over medium-high heat; cook 10 minutes or until onions are tender, stirring frequently. Reduce heat to medium; cook 5 minutes or until golden.
- Add broth, 1/4 teaspoon salt, and 1/4 teaspoon pepper; simmer for 20 minutes. Stir in vinegar and thyme; simmer 8 minutes or until liquid evaporates.
- Remove from heat; keep warm.
- Prepare grill.
- To prepare lamb, sprinkle 1/2 teaspoon pepper and 1/4 teaspoon salt over lamb.
- Place lamb on a grill rack coated with cooking spray; grill 4 minutes, turning once. Reduce heat to medium; grill lamb 10 minutes on each side or until desired degree of doneness.
- Let rest 10 minutes before slicing into chops.
- Serve with onion jam.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:3.18, Inflammation Score:-7, Nutrition Score:19.392173901848%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.22mg, Isorhamnetin: 3.22mg, Isorhamnetin: 3.22mg, Isorhamnetin: 3.22mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.07mg, Quercetin: 13.07mg, Quercetin: 13.07mg

Nutrients (% of daily need)

Calories: 582.9kcal (29.15%), Fat: 41.97g (64.57%), Saturated Fat: 18.15g (113.46%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 17.83g (6.49%), Sugar: 12.9g (14.33%), Cholesterol: 126.86mg (42.29%), Sodium: 220.15mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.18%), Vitamin B12: 3.95µg (65.76%), Vitamin B3: 10.36mg (51.8%), Selenium: 33.09µg (47.28%), Zinc: 6.1mg (40.69%), Phosphorus: 314.66mg (31.47%), Vitamin B6: 0.46mg (22.88%), Vitamin B2: 0.39mg (22.83%), Iron: 3.48mg (19.35%), Potassium: 637.61mg (18.22%), Vitamin B1: 0.24mg (16.29%), Folate: 58.36µg (14.59%), Manganese: 0.28mg (14.18%), Vitamin B5: 1.34mg (13.37%), Magnesium: 53.38mg (13.35%), Copper: 0.25mg (12.3%), Vitamin C: 9.12mg (11.06%), Fiber: 2.63g (10.52%), Vitamin K: 7.73µg (7.36%), Calcium: 67.74mg (6.77%), Vitamin E: 0.55mg (3.64%), Vitamin A: 59.08IU (1.18%), Vitamin D: 0.17µg (1.13%)