



Grilled Saffron Rack of Lamb

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup greek yogurt plain 2%
- ☐ 2 garlic clove crushed
- ☐ 6 servings pepper freshly ground
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2 tablespoons olive oil
- ☐ 2 wire rack racks of
- ☐ 0.5 teaspoon saffron threads crumbled finely

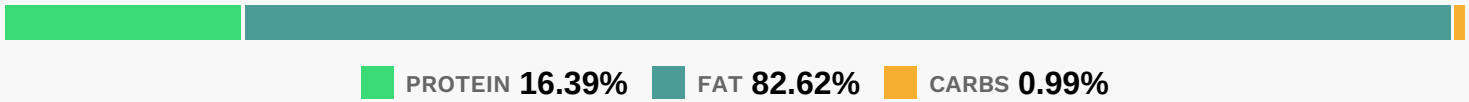
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Season lamb with salt and pepper and place each rack of lamb in a large resealable plastic bag.
- ☐ Whisk garlic, yogurt, oil, lemon zest, and saffron in a small bowl and divide between bags. Seal bags, pressing out excess air; turn to coat. Refrigerate lamb overnight.
- ☐ Prepare grill for medium-high, indirect heat. (For a charcoal grill, bank coals on 1 side of grill; for a gas grill, leave 1 burner turned off.)
- ☐ Remove lamb from marinade and wipe off excess.
- ☐ Place lamb over direct heat and cook, turning and moving to cooler part of grill as needed to avoid flare-ups, until browned all over, 8-10 minutes.
- ☐ Move lamb to cooler part of grill. Cover grill and cook lamb, turning occasionally, until an instant-read thermometer inserted into the center registers 125° for medium-rare, about 15 minutes longer.
- ☐ Let lamb rest 10 minutes.
- ☐ Cut into individual chops.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:14.791304197324%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg 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: 679.05kcal (33.95%), Fat: 61.7g (94.93%), Saturated Fat: 25.77g (161.05%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.59g (0.58%), Sugar: 1.11g (1.24%), Cholesterol: 127.42mg (42.47%), Sodium: 104.98mg (4.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.08%), Vitamin B12: 3.69µg (61.53%), Vitamin B3: 10.16mg (50.78%), Selenium: 31.25µg (44.64%), Zinc: 4.67mg (31.16%), Phosphorus: 273.77mg (27.38%), Vitamin B2: 0.41mg (24.1%), Iron: 2.38mg (13.22%), Vitamin B1: 0.18mg (11.67%), Vitamin B5: 1.14mg (11.45%), Vitamin B6: 0.22mg (10.83%), Potassium: 367.45mg (10.5%), Magnesium: 33.94mg (8.49%), Copper: 0.16mg (7.88%), Vitamin E: 0.98mg (6.51%), Calcium: 64.58mg (6.46%), Folate: 25.6µg (6.4%), Manganese: 0.06mg (3.07%), Vitamin K: 2.99µg (2.85%)