

Grilled Saffron Rack of Lamb

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

| l 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

| П | 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 | | |
| PROTEIN 16.39% FAT 82.62% CARBS 0.99% | | |

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, 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%)