



HEALTH SCORE

66%

## Hazelnut-Crusted Rack of Lamb



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup breadcrumbs fresh
- ☐ 2 tablespoon dijon mustard
- ☐ 2 clove garlic cloves minced peeled
- ☐ 1 cup hazelnuts crushed toasted
- ☐ 1 pinch kosher salt & pepper black
- ☐ 1 lemon zest
- ☐ 1 tablespoon olive oil
- ☐ 1 cup parsley leaves chopped

☐ 2 lamb loins racks of

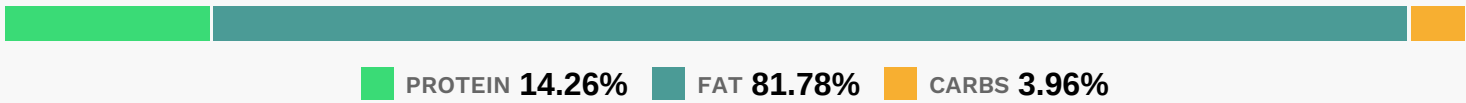
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 425 degrees F. Rub the lamb racks with olive oil and season with salt & pepper. Position the racks in a roasting pan, meaty side up and place in the oven for 10 minutes. While the lamb is cooking, combine the parsley, garlic, Meyer lemon zest breadcrumbs and hazelnuts in a bowl.
- ☐ Remove the lamb racks from the oven and spread each rack on the meaty side with 1 tablespoon of Dijon mustard. Divide the herb and nut mix equally between the racks and coat, gently pressing into the mustard. Return to the oven and continue to cook for an additional 10 minutes or to desired doneness.
- ☐ Remove from oven and let rest about 10 minutes.To carve the rack of lamb, stand it up on the meaty side with the bones curving away from you. Slide a sharp knife down, between the bones cutting gently through the meat. You should be able to see the bones all the way down along the back side of the rack. If you encounter a boney section, use shears to snip through.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:39.63217416017%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg

Eriodictyol: 0.05mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1181.59kcal (59.08%), Fat: 107.83g (165.9%), Saturated Fat: 39.57g (247.31%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 7.67g (2.79%), Sugar: 1.98g (2.2%), Cholesterol: 188.63mg (62.88%), Sodium: 289.32mg (12.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.3g (84.6%), Vitamin K: 252.95µg (240.91%), Manganese: 2.03mg (101.73%), Vitamin B12: 5.21µg (86.85%), Vitamin B3: 16.35mg (81.76%), Selenium: 46.9µg (67%), Zinc: 7.79mg (51.9%), Phosphorus: 457.31mg (45.73%), Copper: 0.79mg (39.33%), Vitamin E: 5.6mg (37.31%), Vitamin B1: 0.54mg (35.77%), Iron: 6.28mg (34.9%), Vitamin B2: 0.55mg (32.59%), Vitamin C: 22.47mg (27.24%), Magnesium: 107.97mg (26.99%), Vitamin A: 1275.11IU (25.5%), Folate: 99.27µg (24.82%), Vitamin B6: 0.49mg (24.38%), Potassium: 789.56mg (22.56%), Vitamin B5: 1.94mg (19.43%), Fiber: 4.07g (16.28%), Calcium: 112.03mg (11.2%)