



Herb-Crusted Rack of Lamb

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons dijon mustard
- 0.3 cup breadcrumbs dry
- 2 tablespoons parsley fresh finely chopped
- 3 tablespoons mint leaves fresh finely chopped
- 1 garlic clove minced
- 3 pound lamb loins racks of trimmed (8 ribs each)
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat oven to 45
- Combine the first 4 ingredients in a small bowl.
- Sprinkle lamb evenly with salt and pepper.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add 1 lamb rack to pan; cook 2 minutes on each side or until browned.
- Remove lamb from pan. Repeat with remaining lamb rack.
- Brush Dijon mustard over lamb, and press breadcrumb mixture over lamb.
- Place the lamb on a rack coated with cooking spray; place rack in a roasting pan.
- Bake at 450 for 18 minutes or until a thermometer inserted in thickest part of lamb registers 13
- Let stand 10 minutes.
- Cut into chops.

Nutrition Facts

 PROTEIN 23.53%  FAT 73.27%  CARBS 3.2%

Properties

Glycemic Index:15.75, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:17.4147824049%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 502.12kcal (25.11%), Fat: 40.21g (61.87%), Saturated Fat: 17.4g (108.77%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.37g (1.23%), Sugar: 0.34g (0.38%), Cholesterol: 124.17mg (41.39%), Sodium: 321.11mg (13.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.12%), Vitamin B12: 3.94µg (65.75%), Vitamin B3: 10.51mg (52.53%), Selenium: 34.44µg (49.21%), Zinc: 5.93mg (39.51%), Phosphorus: 281.15mg (28.11%), Vitamin B2: 0.38mg (22.61%), Vitamin K: 22.99µg (21.89%), Iron: 3.08mg (17.14%), Vitamin B1: 0.24mg (16.06%), Vitamin B6: 0.24mg (11.87%), Potassium: 410.63mg (11.73%), Vitamin B5: 1.16mg (11.55%), Magnesium: 41.66mg (10.41%), Folate: 39.37µg (9.84%), Copper: 0.2mg (9.79%), Manganese: 0.13mg (6.38%), Calcium: 44.79mg (4.48%), Vitamin A: 166.93IU (3.34%), Vitamin C: 2.06mg (2.49%), Vitamin E: 0.37mg (2.44%), Fiber: 0.57g (2.28%), Vitamin D: 0.17µg (1.13%)