



Herb-Marinated Rack of Lamb



Gluten Free



Dairy Free

READY IN



790 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 garlic cloves crushed unpeeled
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 16 ribs lamb racks
- ☐ 2 sprigs rosemary crushed 4-inch
- ☐ 4 rosemary sprigs for garnish
- ☐ 4 servings sea salt
- ☐ 6 thyme sprigs crushed

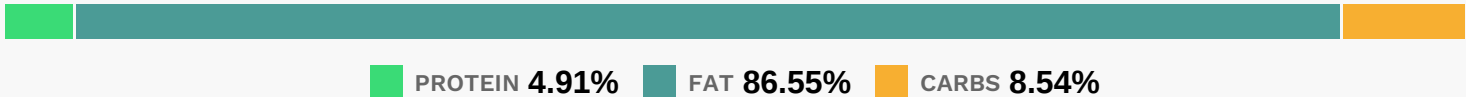
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Clean the rib bones well by scraping off meat and sinew with a small sharp knife.
- ☐ Cut the racks in 1/2 so that each has four ribs.
- ☐ Mix together the olive oil, crushed garlic, crushed rosemary and thyme sprigs in a large bowl.
- ☐ Add the lamb and coat well. Grind some coarse black pepper over all. Wrap well and marinate the racks overnight.
- ☐ The next day remove the lamb from the marinade and scrape off as many herbs as possible. Preheat the oven to 400 degrees F.
- ☐ Heat a large saute pan over medium-high heat and add 2 tablespoons of olive oil. Season the lamb well with salt; no additional pepper should be necessary, and sear fat side down until golden, about 7 minutes. Turn over so that the fat side is up and roast in the preheated oven for 20 to 30 minutes.
- ☐ Let the rack rest for 10 minutes before cutting.
- ☐ To serve, cut each lamb rack into 4 equal pieces, 2 bones per chop and serve on individual plates or a platter with the accompaniments of your choice.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:0.38, Inflammation Score:-8, Nutrition Score:1.7217391288799%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 69.35kcal (3.47%), Fat: 6.84g (10.53%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.03g (0.03%), Cholesterol: 3.04mg (1.01%), Sodium: 196.88mg (8.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin E: 0.79mg (5.25%), Manganese: 0.09mg (4.63%), Vitamin C: 3.43mg (4.16%), Vitamin K: 3.47µg (3.3%), Iron: 0.45mg (2.52%), Vitamin B6: 0.05mg (2.49%), Selenium: 1.11µg (1.59%), Vitamin A: 76.77IU (1.54%), Vitamin B3: 0.29mg (1.47%), Calcium: 14.64mg (1.46%), Fiber: 0.36g (1.45%), Vitamin B12: 0.08µg (1.39%), Phosphorus: 11.92mg (1.19%), Zinc: 0.18mg (1.18%), Copper: 0.02mg (1.16%), Vitamin B2: 0.02mg (1.11%), Magnesium: 4.38mg (1.09%)