



Herbed Rack of Lamb



Gluten Free



Dairy Free

READY IN



47 min.

SERVINGS



4

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon chives fresh minced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 pound lamb rack of trimmed (8 ribs)
- ☐ 1.5 teaspoons olive oil

☐ 0.3 cup shallots minced

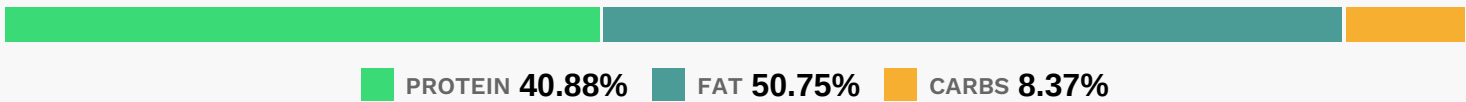
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Lightly brush a small roasting pan and rack with olive oil.
- ☐ Place lamb, fat side up, on rack in prepared pan. Score outside of lamb in a diamond pattern.
- ☐ Sprinkle lamb with salt and pepper; brush with mustard.
- ☐ Combine shallots and remaining ingredients in a small bowl. Pat shallot mixture into mustard on lamb.
- ☐ Bake at 450 for 25 minutes or until a thermometer registers 145 (medium-rare) or until desired degree of doneness.
- ☐ Remove lamb from pan; cover with foil, and let stand 10 minutes.
- ☐ Cut into chops.
- ☐ Tip: If it hasn't already been done, ask the butcher to trim the rack for you and score it, too.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.66, Inflammation Score:-3, Nutrition Score:9.40608695279%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 151.89kcal (7.59%), Fat: 8.43g (12.96%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.28g (0.83%), Sugar: 1.24g (1.38%), Cholesterol: 48.27mg (16.09%), Sodium: 387.42mg (16.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Vitamin B12: 1.74µg (29.01%), Selenium: 17.78µg (25.41%), Vitamin B3: 4.4mg (22%), Zinc: 2.89mg (19.3%), Vitamin K: 19.48µg (18.56%), Phosphorus: 147.63mg (14.76%), Vitamin B2: 0.16mg (9.25%), Iron: 1.63mg (9.06%), Vitamin B6: 0.17mg (8.75%), Potassium: 267.11mg (7.63%), Vitamin B1: 0.11mg (7.1%), Manganese: 0.13mg (6.4%), Magnesium: 25.44mg (6.36%), Folate: 24.42µg (6.11%), Vitamin B5: 0.54mg (5.44%), Copper: 0.11mg (5.37%), Vitamin C: 3.36mg (4.07%), Vitamin A: 174.61IU (3.49%), Fiber: 0.85g (3.4%), Vitamin E: 0.39mg (2.57%), Calcium: 23.02mg (2.3%)