



Herbed Rack of Lamb with Lingonberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1094 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1.5 teaspoons butter
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 2 tablespoons thyme leaves fresh finely chopped
- ☐ 1 large garlic clove minced
- ☐ 3 pound french-cut lamb racks of trimmed (8 ribs each)

- ☐ 0.5 cup less-sodium beef broth fat-free
- ☐ 0.3 cup tawny port
- ☐ 0.3 cup lingonberry preserves
- ☐ 5 tablespoons raspberry vinegar divided
- ☐ 0.5 teaspoon salt divided
- ☐ 3 tablespoons shallots finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients in a bowl; stir in 1 tablespoon vinegar.
- ☐ Sprinkle lamb with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add lamb to pan; cook for 2 minutes on each side or until browned.
- ☐ Remove lamb from pan; pat thyme mixture over lamb. Return lamb to pan; place pan in oven.
- ☐ Bake at 400 for 15 minutes or until a thermometer registers 13
- ☐ Remove lamb from pan, and let stand for 10 minutes.
- ☐ Cut into chops.
- ☐ Return pan to medium-high heat; add remaining 1/4 cup vinegar, port, and shallots. Bring to a boil. Boil 1 minute or until mixture is reduced by half; stir in broth. Bring to a boil; cook 3 minutes or until liquid measures about 1/2 cup. Stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and preserves. Cook 1 minute; remove from heat.
- ☐ Add butter, stirring until butter melts.
- ☐ Serve sauce with lamb.

Nutrition Facts

 **PROTEIN 21.72%**  **FAT 69.02%**  **CARBS 9.26%**

Properties

Glycemic Index:86.5, Glycemic Load:11.23, Inflammation Score:-10, Nutrition Score:33.482173774553%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 1094.33kcal (54.72%), Fat: 81.36g (125.17%), Saturated Fat: 35.66g (222.9%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 23.24g (8.45%), Sugar: 15.64g (17.37%), Cholesterol: 252.37mg (84.12%), Sodium: 599.83mg (26.08%), Alcohol: 2.3g (100%), Alcohol %: 0.64% (100%), Protein: 57.61g (115.22%), Vitamin B12: 7.86µg (131.03%), Vitamin B3: 20.45mg (102.23%), Selenium: 65.7µg (93.85%), Zinc: 11.78mg (78.54%), Phosphorus: 556.42mg (55.64%), Vitamin B2: 0.76mg (44.83%), Vitamin K: 45.7µg (43.52%), Iron: 6.39mg (35.51%), Potassium: 932.74mg (26.65%), Vitamin B1: 0.4mg (26.4%), Vitamin B6: 0.5mg (24.98%), Vitamin B5: 2.28mg (22.84%), Magnesium: 84.92mg (21.23%), Copper: 0.42mg (20.85%), Folate: 71.84µg (17.96%), Manganese: 0.28mg (14.08%), Vitamin C: 11.61mg (14.07%), Calcium: 87.07mg (8.71%), Vitamin A: 385.86IU (7.72%), Vitamin E: 0.79mg (5.25%), Fiber: 1.3g (5.19%), Vitamin D: 0.34µg (2.27%)