



Herbed Rack of Lamb with Parsley, Mint, and Walnut Sauté



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



975 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons coarse kosher salt
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 0.3 cup rosemary fresh finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.8 cup very mint leaves fresh coarsely chopped
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.5 cup parsley fresh italian finely chopped
- ☐ 6 cups parsley leaves fresh italian packed () (from 2 large bunches)
- ☐ 3.8 pound lamb loins racks of
- ☐ 0.5 cup shallots finely chopped
- ☐ 2 tablespoons walnut oil
- ☐ 2.5 ounces walnuts toasted coarsely chopped
- ☐ 0.5 cup water

Equipment

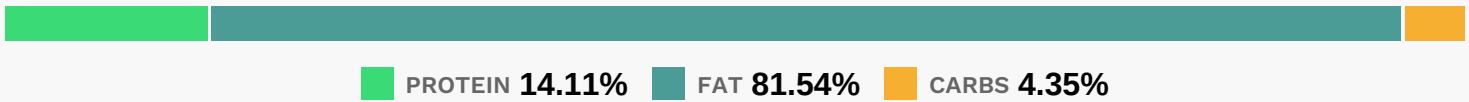
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Place lamb racks on heavy large rimmed baking sheet.
- ☐ Brush lamb with 1 tablespoon oil.
- ☐ Sprinkle with 2 teaspoons coarse salt and pepper.
- ☐ Mix all herbs in small bowl; press firmly over meat side of lamb to adhere.
- ☐ Let stand 2 hours at room temperature. (Can be made 6 hours ahead. Cover and refrigerate.)
- ☐ Preheat oven to 425°F.
- ☐ Heat remaining 4 tablespoons oil in heavy large nonstick skillet over medium-high heat. Working in batches, add lamb, meat-and-herb side down, and cook until brown, about 4 minutes.
- ☐ Transfer racks to baking sheet, meat-and-herb side up. Roast lamb until meat thermometer inserted into center registers 125°F for medium-rare, about 13 minutes.
- ☐ Remove from oven and let stand 15 minutes.
- ☐ Heat olive oil in heavy large skillet over medium heat.

- ☐ Add shallots and sauté until soft, about 4 minutes.
- ☐ Add parsley and sauté until wilted, about 2 minutes.
- ☐ Add mint, 1/2 cup water, and lemon peel and cook until parsley is tender, about 3 minutes.
- ☐ Mix in walnuts, walnut oil, and lemon juice. Season with salt and pepper.
- ☐ Cut lamb between bones into individual chops. Divide parsley sauté among 6 plates. Top with lamb chops and serve.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:39.394347481106%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Eriodictyol: 2.44mg, Eriodictyol: 2.44mg, Eriodictyol: 2.44mg, Eriodictyol: 2.44mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 140.46mg, Apigenin: 140.46mg, Apigenin: 140.46mg, Apigenin: 140.46mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 9.65mg, Myricetin: 9.65mg, Myricetin: 9.65mg, Myricetin: 9.65mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 974.8kcal (48.74%), Fat: 88.88g (136.74%), Saturated Fat: 33.31g (208.17%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 6.27g (2.28%), Sugar: 2.5g (2.78%), Cholesterol: 157.28mg (52.43%), Sodium: 933.82mg (40.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.61g (69.21%), Vitamin K: 1069.99µg (1019.03%), Vitamin A: 5830.73IU (116.61%), Vitamin C: 92.64mg (112.29%), Vitamin B12: 4.33µg (72.09%), Vitamin B3: 13.77mg (68.85%), Selenium: 35.66µg (50.94%), Zinc: 6.85mg (45.66%), Iron: 7.98mg (44.35%), Folate: 156.42µg (39.1%), Phosphorus: 380.42mg (38.04%), Manganese: 0.7mg (34.96%), Vitamin B2: 0.5mg (29.48%), Potassium: 925.29mg (26.44%), Copper: 0.52mg (25.95%), Magnesium: 100.05mg (25.01%), Vitamin B6: 0.43mg (21.67%), Vitamin B1: 0.32mg (21.5%), Fiber: 4.4g (17.62%), Vitamin B5: 1.71mg (17.07%), Calcium: 163.57mg (16.36%), Vitamin E: 1.65mg (10.98%)