



Mustard and Herb Crusted Rack of Lamb

 Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups bread crumbs fresh fine
- ☐ 2 tablespoons dijon mustard
- ☐ 3 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 1.5 teaspoons rosemary fresh minced
- ☐ 3 frenched lamb racks of trimmed room temperature thin (8 ribs and)
- ☐ 3.5 tablespoons olive oil

☐ 0.5 teaspoon salt

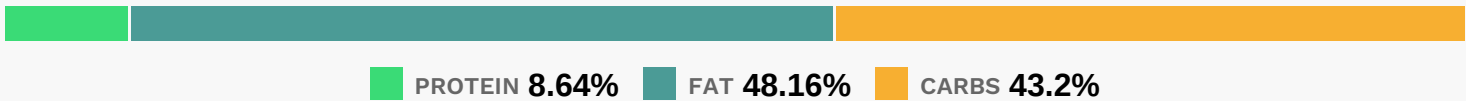
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Stir together bread crumbs, parsley, mint, rosemary, salt, and pepper in a bowl, then drizzle with 2 1/2 tablespoons oil and toss until combined well.
- ☐ Put oven rack in middle position and preheat to 400°F.
- ☐ Season lamb with salt and pepper.
- ☐ Heat remaining tablespoon oil in a large heavy skillet over moderately high heat until hot but not smoking, then brown lamb 1 rack at a time, turning once, about 4 minutes per rack.
- ☐ Transfer to a 13- by 9- by 2-inch roasting pan, arranging fatty sides up.
- ☐ Spread fatty sides of each rack with 2 teaspoons mustard. Divide bread crumb mixture into 3 portions and pat each portion over mustard coating on each rack, gently pressing to adhere.
- ☐ Roast lamb until thermometer inserted diagonally 2 inches into center (do not touch bone) registers 130°F (for medium-rare), 20 to 25 minutes, and transfer to a cutting board.
- ☐ Let stand 10 minutes, then cut into chops.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:5.5130434969197%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

Nutrients (% of daily need)

Calories: 138.64kcal (6.93%), Fat: 7.43g (11.44%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 13.82g (5.02%), Sugar: 1.32g (1.47%), Cholesterol: 0.27mg (0.09%), Sodium: 336.22mg (14.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin K: 29.8µg (28.38%), Vitamin B1: 0.21mg (13.68%), Manganese: 0.22mg (11%), Selenium: 6.45µg (9.22%), Vitamin B3: 1.42mg (7.09%), Iron: 1.21mg (6.73%), Folate: 25.02µg (6.26%), Vitamin E: 0.92mg (6.16%), Vitamin B2: 0.09mg (5.18%), Fiber: 1.19g (4.76%), Calcium: 43.56mg (4.36%), Phosphorus: 39.49mg (3.95%), Vitamin A: 156.46IU (3.13%), Copper: 0.06mg (3%), Magnesium: 11.96mg (2.99%), Vitamin C: 2.21mg (2.68%), Zinc: 0.35mg (2.36%), Potassium: 59.06mg (1.69%), Vitamin B6: 0.03mg (1.5%), Vitamin B5: 0.13mg (1.35%), Vitamin B12: 0.08µg (1.33%)