

Mustard and Herb Crusted Rack of Lamb





SIDE DISH

ribs and)

Ingredients

O.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
3.5 tablespoons olive oil

	0.5 teaspoon salt	
Equipment		
	bowl	
	frying pan	
	oven	
	roasting pan	
	kitchen thermometer	
	cutting board	
Diı	rections	
	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		
	PROTEIN 8.64% FAT 48.16% CARBS 43.2%	
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, Apigenin: 3.27mg, Apigenin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.22mg, 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 %: O% (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%)