



Pecan-Crusted Rack of Lamb



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon mint leaves dried fresh finely chopped
- ☐ 5.5 pounds lamb rib roasts (8-rib)
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon oregano dried fresh finely chopped
- ☐ 1 cup pecans

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

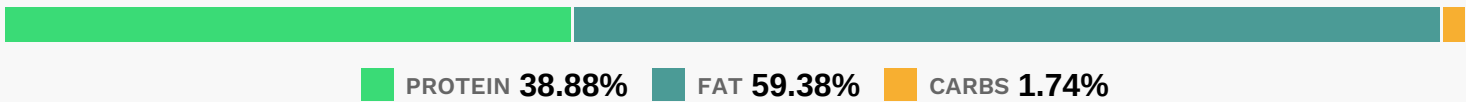
Equipment

- ☐ food processor
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine first 6 ingredients; stir well.
- ☐ Spread mustard mixture over meaty portion of lamb racks; set aside.
- ☐ Process pecans in a food processor until ground.
- ☐ Combine pecans, 1/4 teaspoon salt, pepper, butter, and 1 tablespoon lemon juice. Pat pecan mixture over mustard-coated lamb.
- ☐ Place roasts on a rack in a roasting pan, fat side out and ribs crisscrossed. Insert meat thermometer into thickest part of lamb, making sure it does not touch bone. Roast at 425 for 35 to 40 minutes or until thermometer registers 150 (medium-rare). (Cover roasts loosely with foil after 25 minutes, if necessary, to prevent excessive browning.)
- ☐ Let stand 10 minutes before slicing.
- ☐ Lamb know-how: When you're preparing racks of lamb, let a butcher do some of the work for you. Ask him to french the chine bones (remove fat and gristle) and to trim the cap fat, leaving only the tender eye meat and resulting in a beautiful entre presentation.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:39.235217426134%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 889.21kcal (44.46%), Fat: 57.77g (88.88%), Saturated Fat: 15.98g (99.85%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.89g (0.99%), Cholesterol: 274.42mg (91.47%), Sodium: 689.63mg (29.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 85.13g (170.26%), Vitamin B12: 9.9µg (165.01%), Selenium: 95.16µg (135.94%), Vitamin B3: 24.79mg (123.94%), Zinc: 16.69mg (111.27%), Phosphorus: 811.69mg (81.17%), Vitamin B2: 0.87mg (51.03%), Manganese: 1.01mg (50.59%), Iron: 7.87mg (43.7%), Vitamin B1: 0.63mg (42.11%), Vitamin B6: 0.72mg (35.93%), Copper: 0.69mg (34.7%), Potassium: 1205.91mg (34.45%), Magnesium: 131.83mg (32.96%), Vitamin B5: 2.89mg (28.94%), Folate: 95.16µg (23.79%), Vitamin E: 1.7mg (11.33%), Fiber: 2.43g (9.72%), Calcium: 83.59mg (8.36%), Vitamin K: 7.57µg (7.21%), Vitamin A: 231.29IU (4.63%), Vitamin C: 1.48mg (1.79%)