



Pistachio-Crusted Lamb Rack

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings cranberry-black bean relish
- 0.3 cup dijon mustard
- 0.8 cup breadcrumbs dry fine
- 2 tablespoons marjoram fresh chopped
- 48 ounces lamb rib roasts trimmed (4-rib)
- 0.3 cup olive oil
- 0.5 cup pistachios
- 8 servings salt and pepper to taste

Equipment

- food processor
- frying pan
- oven
- kitchen thermometer
- aluminum foil

Directions

- Process first 3 ingredients in food processor 30 seconds or until finely ground.
- Transfer crumb mixture to a shallow dish or pan.
- Brush lamb with Dijon mustard, and sprinkle with salt and pepper.
- Roll in crumb mixture, coating well. Chill 2 hours.
- Cook lamb, in batches, in hot oil in a large skillet over medium-high heat 1 minute on each side or until light brown.
- Transfer to 2 (13- x 9-inch) lightly greased baking dishes.
- Bake lamb at 350 for 24 minutes or until a meat thermometer inserted into thickest portion registers 135 (medium-rare), or bake 30 to 35 minutes or until a meat thermometer inserted into thickest portion registers 145 (medium).
- Remove from oven; cover loosely with aluminum foil, and let stand 5 minutes or until thermometer registers 145 (medium-rare) or 160 (medium).
- Cut into chops, and serve with Cranberry-Black Bean Relish.

Nutrition Facts

 **PROTEIN 34.7%**  **FAT 55.99%**  **CARBS 9.31%**

Properties

Glycemic Index:10.25, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:20.937391260396%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 436.54kcal (21.83%), Fat: 26.77g (41.19%), Saturated Fat: 7.11g (44.46%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 8.36g (3.04%), Sugar: 1.45g (1.61%), Cholesterol: 112.26mg (37.42%), Sodium: 476.49mg (20.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.33g (74.65%), Vitamin B12: 4.08µg (68.06%), Selenium: 43.67µg (62.38%), Vitamin B3: 10.84mg (54.2%), Zinc: 6.84mg (45.57%), Phosphorus: 370.94mg (37.09%), Vitamin B1: 0.38mg (25.6%), Vitamin B2: 0.4mg (23.47%), Iron: 3.85mg (21.37%), Vitamin B6: 0.42mg (21.05%), Potassium: 563.95mg (16.11%), Copper: 0.32mg (16.06%), Magnesium: 60.17mg (15.04%), Manganese: 0.26mg (12.99%), Folate: 51.78µg (12.94%), Vitamin K: 13.05µg (12.43%), Vitamin B5: 1.23mg (12.27%), Vitamin E: 1.51mg (10.07%), Fiber: 1.66g (6.62%), Calcium: 52.79mg (5.28%), Vitamin A: 79.55IU (1.59%), Vitamin C: 1.13mg (1.37%)