



Pistachio-Crusted Rack of Lamb

READY IN



55 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter melted
- 3 tablespoons dijon mustard
- 2 tablespoons bread crumbs dry
- 4 servings salt and ground pepper black to taste
- 1 teaspoon herbs de provence
- 2 lamb loins racks of trimmed
- 1 teaspoon olive oil
- 0.7 cup pistachios chopped
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil. Generously season each rack of lamb with herbes de Provence, salt, and black pepper.
- Heat oil in a large skillet over high heat.
- Place lamb in skillet and cook, browning on all sides, 6 to 8 minutes.
- Transfer lamb to a foil-lined baking sheet; set aside.
- Stir pistachios, bread crumbs, butter, olive oil, and a pinch of salt and black pepper in a bowl.
- Spread mustard on the fat-side of each rack of lamb. Pat pistachio mixture on top of mustard.
- Bake in the preheated oven until the crust is golden and lamb is pink in the center, 20 to 25 minutes.
- Transfer to a plate and let rest 10 minutes before slicing.

Nutrition Facts

 **PROTEIN 10.05%**  **FAT 71.44%**  **CARBS 18.51%**

Properties

Glycemic Index:33, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:7.4795652031898%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg

Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg,
Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 207.6kcal (10.38%), Fat: 17.26g (26.55%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 10.06g (3.35%),
Net Carbohydrates: 7.12g (2.59%), Sugar: 2.05g (2.27%), Cholesterol: 7.86mg (2.62%), Sodium: 183.6mg (7.98%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.93%), Manganese: 0.37mg (18.57%), Vitamin B6:
0.36mg (18.24%), Vitamin B1: 0.25mg (16.68%), Copper: 0.29mg (14.58%), Phosphorus: 123.26mg (12.33%), Fiber:
2.94g (11.75%), Vitamin K: 12.05µg (11.47%), Selenium: 6.68µg (9.55%), Iron: 1.56mg (8.66%), Magnesium: 33.27mg
(8.32%), Vitamin E: 1.04mg (6.93%), Potassium: 242.34mg (6.92%), Folate: 17.5µg (4.38%), Calcium: 43.84mg
(4.38%), Zinc: 0.63mg (4.23%), Vitamin A: 190.57IU (3.81%), Vitamin B2: 0.06mg (3.75%), Vitamin B3: 0.71mg
(3.53%), Vitamin B5: 0.18mg (1.76%), Vitamin C: 1.32mg (1.6%)