



## Provençal Rack of Lamb



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



1008 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 garlic clove
- ☐ 1 pound wire rack rack of cut in half (4 to 8 chops, depending on size)
- ☐ 3 tablespoons olive oil divided
- ☐ 2 medium potato boiling peeled sliced
- ☐ 1 teaspoon rosemary chopped
- ☐ 0.3 cup shallots thinly sliced
- ☐ 2 teaspoons thyme leaves chopped
- ☐ 2 medium tomatoes halved

☐ 2 tablespoons water

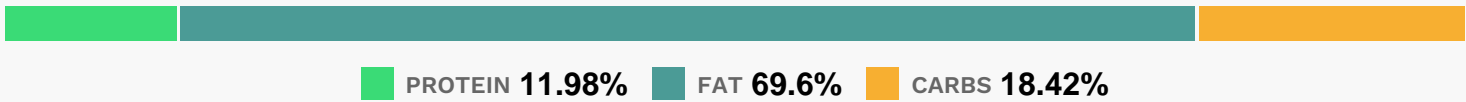
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ cutting board

## Directions

- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Mince and mash garlic to a paste with 1/2 teaspoon salt and 1/2 teaspoon pepper. Stir together with herbs and 1 tablespoon oil.
- ☐ Put tomatoes cut sides up in an oiled small baking dish and drizzle with a third of garlic mixture. Roast until tender, 30 to 40 minutes.
- ☐ Meanwhile, pat lamb dry and season with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat 1 tablespoon oil in a 10-inch ovenproof skillet over medium-high heat until it shimmers. Brown lamb on all sides, 4 to 6 minutes total.
- ☐ Transfer lamb to a cutting board and discard oil from skillet.
- ☐ Heat remaining tablespoon oil in skillet over medium heat and cook shallots and potatoes, stirring occasionally, until edges are browned, 3 to 5 minutes. Stir in water and half of remaining garlic mixture and remove from heat.
- ☐ Rub remaining garlic mixture on fat side of lamb racks. Arrange lamb over potatoes and roast in oven until an instant-read thermometer inserted into center of meat (do not touch bone) registers 130°F for medium-rare, 20 to 25 minutes.
- ☐ Let stand, loosely covered, 5 to 10 minutes.
- ☐ Serve with tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:106.5, Glycemic Load:3.25, Inflammation Score:-10, Nutrition Score:30.973477944084%

## Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

## Nutrients (% of daily need)

Calories: 1007.81kcal (50.39%), Fat: 78.58g (120.89%), Saturated Fat: 28.13g (175.8%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 40.07g (14.57%), Sugar: 9.12g (10.13%), Cholesterol: 125.83mg (41.94%), Sodium: 143.82mg (6.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.44g (60.88%), Vitamin B3: 13.4mg (66.99%), Vitamin B12: 3.46µg (57.67%), Vitamin C: 42.49mg (51.51%), Potassium: 1731.82mg (49.48%), Selenium: 29.78µg (42.54%), Phosphorus: 416.67mg (41.67%), Vitamin B6: 0.82mg (41.18%), Zinc: 5.63mg (37.54%), Manganese: 0.67mg (33.38%), Iron: 5.19mg (28.85%), Copper: 0.56mg (28.14%), Vitamin B1: 0.41mg (27.63%), Vitamin K: 28.9µg (27.53%), Fiber: 6.72g (26.89%), Vitamin E: 4.03mg (26.84%), Magnesium: 102.68mg (25.67%), Vitamin B2: 0.42mg (24.99%), Folate: 94.52µg (23.63%), Vitamin A: 1137.93IU (22.76%), Vitamin B5: 1.87mg (18.71%), Calcium: 87.85mg (8.79%)