

Rack of Lamb

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.5 cup dijon mustard
- 2 tablespoons rosemary leaves fresh minced
- 3 garlic cloves minced
- 1.5 tablespoons kosher salt
- 2 lamb loins racks of (see note)

Equipment

- food processor

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Watch how to make this recipe.
- In the bowl of a food processor fitted with a steel blade, process the salt, rosemary, and garlic until they're as finely minced as possible.
- Add the mustard and balsamic vinegar and process for 1 minute.
- Place the lamb in a roasting or sheet pan with the ribs curving down, and coat the tops with the mustard mixture. Allow to stand for 1 hour at room temperature.
- Preheat the oven to 450 degrees F.
- Roast the lamb for exactly 20 minutes for rare or 25 minutes for medium-rare.
- Remove from the oven and cover with aluminum foil. Allow to sit for 15 minutes, then cut into individual ribs and serve.

Nutrition Facts

PROTEIN 15.95% **FAT 82.65%** **CARBS 1.4%**

Properties

Glycemic Index:18.67, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:14.839565030907%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 633.65kcal (31.68%), Fat: 57.65g (88.7%), Saturated Fat: 25.16g (157.23%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.71g (0.79%), Cholesterol: 125.75mg (41.92%), Sodium: 2066.06mg (89.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.08%), Vitamin B12: 3.46µg (57.64%), Vitamin B3: 10.21mg (51.05%), Selenium: 35.07µg (50.1%), Zinc: 4.65mg (30.98%), Phosphorus: 252.34mg (25.23%), Vitamin B2: 0.33mg (19.46%), Iron: 2.73mg (15.19%), Vitamin B1: 0.21mg (13.86%), Vitamin B5: 1.1mg (11.02%), Vitamin

B6: 0.22mg (10.86%), Magnesium: 41.09mg (10.27%), Potassium: 359.33mg (10.27%), Copper: 0.17mg (8.56%),
Manganese: 0.15mg (7.62%), Folate: 25.39 μ g (6.35%), Calcium: 44.52mg (4.45%), Fiber: 1.02g (4.07%), Vitamin E:
0.37mg (2.48%)