



Rack of Lamb with Blueberry Sauce

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon balsamic vinegar
- 1 cup blueberries fresh
- 1 tablespoon butter as needed
- 2 teaspoons dijon mustard
- 1 cup cooking wine dry red
- 1 teaspoon rosemary fresh minced
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon ground cumin

- 1 pinch ground pepper black
- 4 servings salt and ground pepper black to taste
- 16 lamb loins racks of trimmed
- 1 pinch salt
- 0.3 cup shallots sliced
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- oven
- cutting board

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Season lamb generously with salt and black pepper.
- Heat oil over medium-high heat in an oven-proof skillet. Sear lamb on all sides until well browned, 3 to 5 minutes per side. Turn off heat.
- Remove lamb to a platter.
- Mix together Dijon mustard, rosemary, cinnamon, and cumin in a small bowl.
- Spread a thin layer of the mustard mixture on each rack of lamb.
- Place chopped shallots and pinch of salt into the same skillet. Cook and stir over medium-heat until shallots begin to lose moisture and become browned and soft, about 5 minutes.
- Add blueberries and continue cooking for about 2 minutes. Stir in red wine, turn off heat, and stir mixture to deglaze the pan.
- Place the racks of lamb into the skillet and interlace the rib bones together to push the lamb racks close together, leaving a lamb bone "zipper" in the center.
- Place the lamb racks into the center of the skillet. Season with a pinch of black pepper.
- Place skillet in pre-heated oven and roast lamb until internal temperature reaches 125 degrees F (52 degrees C) for medium-rare, about 20 minutes.

- Remove lamb to a cutting board to rest about 5 minutes.
- Drizzle balsamic vinegar into the blueberry sauce; add a pinch of salt. Turn heat to medium-high and bring to a simmer to reduce sauce by half, about 4 minutes. Turn off heat and stir in butter. When butter is melted, check seasonings and add more salt if needed.
- Slice racks into pieces of 2 ribs each.
- Serve topped with a spoonful of the blueberry sauce.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:2.96, Inflammation Score:-5, Nutrition Score:3.5482609012853%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 13.66mg, Petunidin: 13.66mg, Petunidin: 13.66mg, Petunidin: 13.66mg Delphinidin: 15.62mg, Delphinidin: 15.62mg, Delphinidin: 15.62mg, Delphinidin: 15.62mg Malvidin: 40.75mg, Malvidin: 40.75mg, Malvidin: 40.75mg, Malvidin: 40.75mg Peonidin: 8.62mg, Peonidin: 8.62mg, Peonidin: 8.62mg, Peonidin: 8.62mg Catechin: 6.58mg, Catechin: 6.58mg, Catechin: 6.58mg, Catechin: 6.58mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.63mg, Epicatechin: 6.63mg, Epicatechin: 6.63mg, Epicatechin: 6.63mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 152.78kcal (7.64%), Fat: 6.85g (10.54%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 9.51g (3.46%), Sugar: 5.88g (6.53%), Cholesterol: 10.16mg (3.39%), Sodium: 66.37mg (2.89%), Alcohol: 6.3g (100%), Alcohol %: 5.94% (100%), Protein: 1.79g (3.58%), Vitamin K: 14.06µg (13.39%), Manganese: 0.23mg (11.39%), Fiber: 1.7g (6.81%), Vitamin C: 5.19mg (6.29%), Vitamin B6: 0.1mg (4.82%), Vitamin E: 0.6mg (4%), Potassium: 117.23mg (3.35%), Iron: 0.54mg (2.99%), Selenium: 2.06µg (2.95%), Phosphorus: 28.38mg (2.84%), Folate: 10.1µg (2.53%), Copper: 0.05mg (2.41%), Magnesium: 9.61mg (2.4%), Vitamin B1: 0.04mg (2.38%), Vitamin A: 112.4IU (2.25%), Vitamin B3: 0.45mg (2.25%), Zinc: 0.32mg (2.12%), Vitamin B2: 0.03mg (1.79%), Vitamin B12: 0.1µg (1.69%), Calcium: 15.34mg (1.53%), Vitamin B5: 0.14mg (1.43%)