



Rack of Lamb with Carrot Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 carrots
- ☐ 0.3 cup mint leaves fresh loosely packed
- ☐ 2 bunches salad leaves curly endive
- ☐ 1.5 lb wire rack rack of (8 ribs)
- ☐ 2 teaspoons olive oil
- ☐ 4 servings pecans
- ☐ 1 teaspoon salt

☐ 2 tablespoons vegetable oil

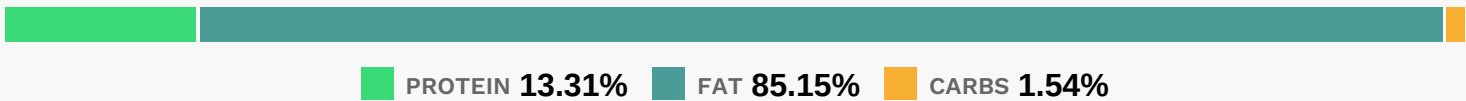
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ peeler

Directions

- ☐ Preheat oven to 30
- ☐ Rub lamb with 2 tsp. olive oil; sprinkle with salt and pepper.
- ☐ Let stand 10 minutes.
- ☐ Cook lamb in 2 Tbsp. hot oil in a large skillet over high heat 8 to 10 minutes or until browned, turning twice.
- ☐ Place lamb on a lightly greased wire rack in a roasting pan.
- ☐ Bake at 300 for 20 minutes or until a meat thermometer inserted into thickest portion registers 140 to 145 (medium-rare) or to desired degree of doneness.
- ☐ Remove lamb from pan; cover with aluminum foil, and let stand 10 minutes.
- ☐ Meanwhile, cut carrot lengthwise into very thin, ribbon-like strips using a vegetable peeler. Toss frise, mint, and carrot strips with desired amount of Orange-Pecan Vinaigrette.
- ☐ Slice lamb into chops.
- ☐ Serve with salad and remaining Orange-Pecan Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:14.290434712949%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 555.27kcal (27.76%), Fat: 52.29g (80.45%), Saturated Fat: 20.21g (126.33%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.77g (0.85%), Cholesterol: 94.37mg (31.46%), Sodium: 662.59mg (28.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.78%), Vitamin A: 2696.97IU (53.94%), Vitamin B12: 2.6µg (43.25%), Vitamin B3: 7.78mg (38.88%), Selenium: 20.92µg (29.89%), Zinc: 3.48mg (23.22%), Phosphorus: 180.71mg (18.07%), Vitamin K: 17.45µg (16.62%), Vitamin B2: 0.25mg (14.96%), Iron: 1.97mg (10.97%), Vitamin B1: 0.14mg (9.57%), Potassium: 308.73mg (8.82%), Vitamin B5: 0.84mg (8.37%), Vitamin B6: 0.16mg (8.21%), Vitamin E: 1.2mg (7.97%), Copper: 0.14mg (7.11%), Magnesium: 28.02mg (7%), Manganese: 0.14mg (6.97%), Folate: 24.28µg (6.07%), Calcium: 32.63mg (3.26%), Fiber: 0.8g (3.2%), Vitamin C: 1.93mg (2.33%)