



Rack of Lamb with Cherry-Port Sauce

 Gluten Free  Dairy Free

READY IN



39 min.

SERVINGS



6

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black divided freshly ground
- 0.3 cup cherries dried sweetened finely chopped
- 0.3 cup less-sodium chicken broth fat-free
- 1 tablespoon thyme leaves fresh chopped
- 1 teaspoon olive oil
- 0.5 cup port wine
- 3 pound lamb loins racks of

- 1 tablespoon currant jelly red
- 0.5 teaspoon salt divided

Equipment

- frying pan
- oven
- kitchen thermometer

Directions

- Preheat oven to 45
- Sprinkle lamb with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Heat oil in a large nonstick ovenproof skillet over medium-high heat.
- Add lamb, and brown on all sides (about 5 minutes).
- Remove from heat; place pan in oven.
- Bake lamb at 450 for 12 minutes or until thermometer registers 145 (medium-rare) or until desired degree of doneness.
- Transfer lamb to a serving platter. Cover and let stand 10 minutes.
- Place pan over medium heat.
- Add wine, vinegar, and broth; cook until liquid is reduced to about 2/3 cup, scraping pan to loosen browned bits.
- Add cherries and jelly; simmer 1 minute. Stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and thyme.
- Cut lamb into chops.
- Serve with sauce.

Nutrition Facts

 PROTEIN 14.9%  FAT 78.48%  CARBS 6.62%

Properties

Glycemic Index:30.33, Glycemic Load:2.22, Inflammation Score:-8, Nutrition Score:14.160869468813%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 690.43kcal (34.52%), Fat: 57.65g (88.69%), Saturated Fat: 25.2g (157.49%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 10.22g (3.72%), Sugar: 7.39g (8.21%), Cholesterol: 125.83mg (41.94%), Sodium: 331.46mg (14.41%), Alcohol: 3.06g (100%), Alcohol %: 1.79% (100%), Protein: 24.63g (49.27%), Vitamin B12: 3.48µg (57.99%), Vitamin B3: 10.2mg (51.01%), Selenium: 28.2µg (40.28%), Zinc: 4.54mg (30.24%), Phosphorus: 233.81mg (23.38%), Vitamin B2: 0.33mg (19.32%), Iron: 2.76mg (15.35%), Vitamin B1: 0.17mg (11.41%), Vitamin B5: 1.05mg (10.52%), Potassium: 359.64mg (10.28%), Vitamin B6: 0.19mg (9.43%), Magnesium: 35.26mg (8.82%), Copper: 0.17mg (8.65%), Folate: 24.19µg (6.05%), Manganese: 0.11mg (5.42%), Vitamin A: 235.63IU (4.71%), Calcium: 40.48mg (4.05%), Fiber: 0.72g (2.87%), Vitamin E: 0.4mg (2.66%), Vitamin C: 2.16mg (2.62%)