



HEALTH SCORE

67%

Rack of Lamb with Fresh Herbs and Garlic



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup mint leaves fresh packed ()
- ☐ 0.3 cup parsley leaves fresh packed ()
- ☐ 0.3 cup rosemary leaves fresh (pulled from sprigs)
- ☐ 10 garlic cloves peeled
- ☐ 2 teaspoons coarsely ground pepper black
- ☐ 2 teaspoons herbs de provence
- ☐ 6 tablespoons olive oil
- ☐ 3 pound well-trimmed lamb racks of with 8 bones)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Combine first 6 ingredients in food processor. Blend until garlic is finely chopped.
- ☐ Add 4 tablespoons oil and blend until coarse paste forms.
- ☐ Sprinkle each lamb rack generously with salt.
- ☐ Transfer half of herb paste to small bowl and reserve.
- ☐ Spread remaining half of herb paste over lamb racks. Arrange lamb on rimmed baking sheet.
- ☐ Let stand at room temperature 2 hours. (Can be made 1 day ahead. Cover lamb and reserved herb paste separately and chill. Bring both to room temperature before continuing.)
- ☐ Preheat oven to 450°F.
- ☐ Heat remaining 2 tablespoons oil in heavy large skillet over high heat.
- ☐ Place 1 lamb rack, meat side down, in skillet. Sear until golden, about 2 minutes; return to baking sheet, meat side up. Repeat with remaining lamb racks. Roast lamb until meat thermometer inserted into center of lamb registers 130°F for medium-rare, about 20 minutes.
- ☐ Transfer lamb to platter.
- ☐ Let stand 15 minutes.
- ☐ Mix any pan juices into reserved herb paste.
- ☐ Cut lamb between bones into individual chops.
- ☐ Serve with herb sauce.
- ☐ *A dried herb mixture available at specialty foods stores and in the spice section of some supermarkets. A combination of dried thyme, basil, savory, and fennel seeds can be substituted.

Nutrition Facts

 PROTEIN 42.31%  FAT 54.83%  CARBS 2.86%

Properties

Glycemic Index:15.67, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:27.546956829403%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 5.61mg, Apigenin: 5.61mg, Apigenin: 5.61mg, Apigenin: 5.61mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 463.12kcal (23.16%), Fat: 27.66g (42.56%), Saturated Fat: 6.83g (42.69%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.08g (0.09%), Cholesterol: 149.69mg (49.9%), Sodium: 158.52mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.02g (96.05%), Vitamin B12: 5.01µg (83.54%), Selenium: 54.28µg (77.55%), Vitamin B3: 14.93mg (74.65%), Vitamin K: 56.32µg (53.64%), Zinc: 7.4mg (49.33%), Phosphorus: 445.22mg (44.52%), Vitamin B2: 0.54mg (31.99%), Iron: 5.39mg (29.96%), Vitamin B6: 0.46mg (23.11%), Vitamin B1: 0.31mg (20.86%), Potassium: 700.42mg (20.01%), Magnesium: 69.63mg (17.41%), Copper: 0.34mg (16.82%), Vitamin E: 2.5mg (16.68%), Folate: 64.91µg (16.23%), Vitamin B5: 1.57mg (15.68%), Manganese: 0.31mg (15.41%), Vitamin A: 419.56IU (8.39%), Vitamin C: 6.49mg (7.87%), Calcium: 61.79mg (6.18%), Fiber: 0.94g (3.75%)