



Rack of Lamb with Garlic and Herbs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



33 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 2 teaspoons rosemary fresh finely chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 0.5 head new garlic minced
- ☐ 2 rack frenched lamb racks of trimmed thin (8-rib) (each 1 1/2 lb)
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon salt

☐ 1 teaspoon vegetable oil

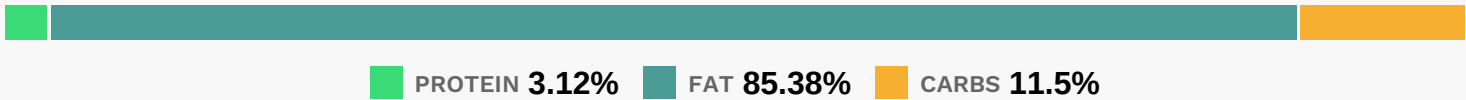
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat a dry 12-inch heavy skillet over high heat until hot, at least 2 minutes. Meanwhile, pat lamb dry and rub meat all over with salt and pepper.
- ☐ Add oil to hot skillet, then brown racks, in 2 batches if necessary, on all sides (not ends), about 10 minutes per batch.
- ☐ Transfer racks to a small (13- by 9-inch) roasting pan.
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Stir together garlic, herbs, salt, pepper, and oil. Coat meaty parts of lamb with herb mixture, pressing to help adhere. Roast 15 minutes, then cover lamb loosely with foil and roast until thermometer inserted diagonally into center of meat registers 120°F, 5 to 10 minutes more.
- ☐ Let stand, covered, 10 minutes. (Internal temperature will rise to 125 to 130°F for medium-rare while lamb stands.)
- ☐ Cut each rack into 4 double chops.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:2.5617390550349%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 33.4kcal (1.67%), Fat: 3.29g (5.06%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.03g (0.04%), Cholesterol: 0.18mg (0.06%), Sodium: 147mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin K: 33.61µg (32.01%), Vitamin C: 4.45mg (5.39%), Vitamin A: 201.09IU (4.02%), Manganese: 0.06mg (3.2%), Vitamin E: 0.44mg (2.94%), Iron: 0.33mg (1.85%), Vitamin B6: 0.03mg (1.36%), Fiber: 0.26g (1.03%), Calcium: 10.09mg (1.01%)