



## Rack of Lamb with Mustard-Shallot Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 frenched lamb rack of
- ☐ 0.3 cup chicken stock see low-sodium
- ☐ 15 servings salt and pepper black freshly ground
- ☐ 2 medium shallots thinly sliced
- ☐ 2 teaspoons thyme leaves chopped
- ☐ 1 tablespoon vegetable oil

☐ 1 tablespoon grain mustard whole

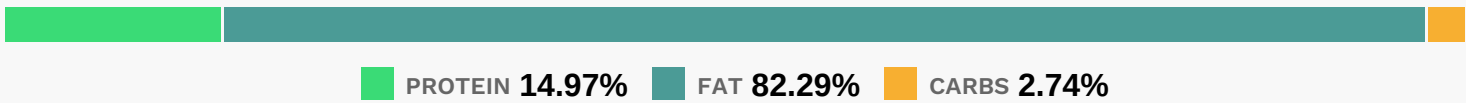
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

## Directions

- ☐ Preheat the oven to 40
- ☐ In a medium skillet, heat 1 tablespoon of the oil until shimmering. Season the lamb with salt and pepper.
- ☐ Add the lamb to the skillet, fat side down, and cook over moderately high heat until richly browned, about 3 minutes. Turn the lamb fat side up and cook for 2 minutes longer.
- ☐ Transfer the skillet to the oven and roast the rack for about 20 minutes, until an instant-read thermometer inserted in the center of the meat registers 125 for medium-rare.
- ☐ Transfer the lamb to a carving board and let rest for 10 minutes.
- ☐ Discard the fat in the skillet.
- ☐ Add the remaining 2 teaspoons of oil and the shallots to the skillet and cook over moderate heat until softened, about 3 minutes.
- ☐ Add the wine and simmer until reduced by half, about 2 minutes.
- ☐ Add the stock and bring to a simmer.
- ☐ Remove the skillet from the heat. Stir in the whole grain and Dijon mustards and the thyme. Season the sauce with salt and pepper.
- ☐ Carve the lamb into chops and arrange on warmed plates. Spoon the sauce over the lamb and serve.

## Nutrition Facts



## Properties

Glycemic Index:12.4, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:3.1769564812598%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

## Nutrients (% of daily need)

Calories: 138.97kcal (6.95%), Fat: 12.38g (19.04%), Saturated Fat: 5.17g (32.31%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.33g (0.37%), Cholesterol: 25.15mg (8.38%), Sodium: 38.69mg (1.68%), Alcohol: 0.41g (100%), Alcohol %: 1.1% (100%), Protein: 5.07g (10.13%), Vitamin B12: 0.7µg (11.59%), Vitamin B3: 2.1mg (10.48%), Selenium: 6.18µg (8.82%), Zinc: 0.94mg (6.24%), Phosphorus: 51.48mg (5.15%), Vitamin B2: 0.07mg (3.99%), Iron: 0.6mg (3.34%), Vitamin B6: 0.05mg (2.63%), Vitamin B1: 0.04mg (2.58%), Potassium: 85.69mg (2.45%), Vitamin B5: 0.22mg (2.24%), Manganese: 0.04mg (2.2%), Magnesium: 8.49mg (2.12%), Copper: 0.04mg (1.93%), Vitamin K: 1.9µg (1.81%), Folate: 6.06µg (1.52%)