



Rack of Lamb with Summer Succotash



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 pound lamb loins racks of lean
- ☐ 4 servings beurre blanc reduction
- ☐ 1 teaspoon salt
- ☐ 4 servings summer succotash

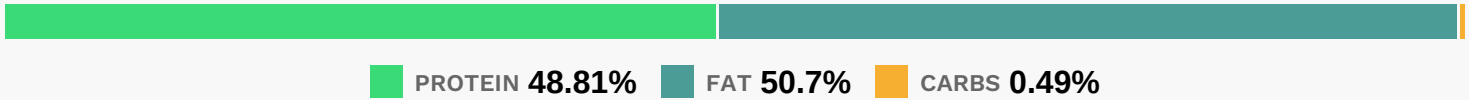
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Trim excess fat from lamb. Cover exposed bones with foil to prevent excess browning.
- ☐ Prepare grill.
- ☐ Sprinkle chops evenly with salt and pepper.
- ☐ Place chops on grill rack coated with cooking spray. Grill over medium-high heat 3 minutes on each side or until desired degree of doneness.
- ☐ Let chops rest 5 minutes before slicing.
- ☐ Serve with Summer Succotash and Buerre Blanc Reduction.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:13.93956509848%

Nutrients (% of daily need)

Calories: 249.6kcal (12.48%), Fat: 13.51g (20.79%), Saturated Fat: 4.83g (30.2%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.11g (0.12%), Cholesterol: 96.55mg (32.18%), Sodium: 686.76mg (29.86%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 29.27g (58.53%), Vitamin B12: 3.48µg (58.03%), Selenium: 32.64µg (46.62%), Vitamin B3: 8.62mg (43.12%), Zinc: 5.57mg (37.11%), Phosphorus: 265.55mg (26.55%), Vitamin B2: 0.29mg (17.32%), Iron: 2.48mg (13.75%), Vitamin B6: 0.24mg (11.85%), Vitamin B1: 0.18mg (11.75%), Potassium: 393.71mg (11.25%), Vitamin B5: 0.96mg (9.56%), Magnesium: 37.18mg (9.3%), Copper: 0.17mg (8.33%), Folate: 31.05µg (7.76%), Manganese: 0.07mg (3.51%), Calcium: 19.17mg (1.92%), Vitamin E: 0.28mg (1.88%)