

 66%
HEALTH SCORE

Rack of Lamb with Swiss Chard



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



8

CALORIES



1076 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup dijon mustard
- ☐ 0.5 cup golden raisins
- ☐ 6 pound frenched lamb racks of trimmed thin (8-rib)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 2 tablespoons pinenuts toasted
- ☐ 8 servings accompaniment: roasted peppers red
- ☐ 1 teaspoon rosemary finely chopped

- ☐ 2 large bunches swiss chard green coarsely chopped for another use and leaves (1 pound total)
- ☐ 2 teaspoons thyme leaves finely chopped
- ☐ 0.5 cup vermouth sweet red ()

Equipment

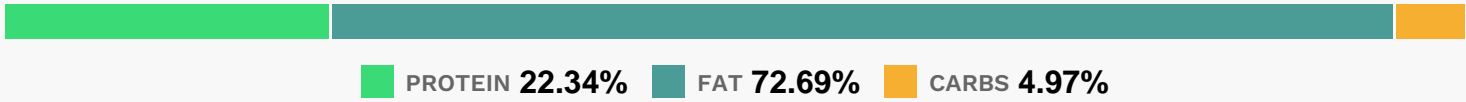
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ tongs

Directions

- ☐ Bring vermouth and raisins to a boil in a small saucepan, then remove from heat and let steep until raisins are soft and plump, about 15 minutes.
- ☐ Cook onion in oil in a large heavy skillet over medium-low heat, stirring occasionally, until onion is tender but not browned, 5 to 8 minutes.
- ☐ Add chard, raisins with any remaining vermouth, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook over medium heat, turning chard constantly with tongs, until chard is tender and liquid has evaporated, about 12 minutes.
- ☐ Transfer to a bowl and stir in nuts, then cool.
- ☐ Cutting as close to bones as possible, make 1 long incision to separate meat of each rack from bones, stopping 1/2 inch from bottom (do not cut all the way through).
- ☐ Roll meat away from bones to create a long opening, then season inside with salt and pepper and fill with stuffing.
- ☐ Roll meat back over stuffing, then tie meat to bones with string (between every 2 ribs).
- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Stir together mustard, thyme, and rosemary and spread over both sides of each rack. Put racks of lamb in a large shallow heavy baking pan, pairing racks so that they stand up with their bones interlocking but leaving space between them at base.

- ☐ Roast lamb until an instant-read thermometer inserted into center of meat (do not touch bone) registers 130°F for medium-rare, 25 to 35 minutes.
- ☐ Let stand, loosely covered, 15 minutes.
- ☐ Cut each rack into 4 double chops, discarding string, and serve on top of roasted red peppers.
- ☐ Stuffing can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:4.75, Inflammation Score:-10, Nutrition Score:44.975217715554%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.68mg, Kaempferol: 4.68mg, Kaempferol: 4.68mg, Kaempferol: 4.68mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 1076.45kcal (53.82%), Fat: 85.59g (131.68%), Saturated Fat: 35.36g (220.98%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 10.53g (3.83%), Sugar: 7.08g (7.87%), Cholesterol: 248.34mg (82.78%), Sodium: 547.15mg (23.79%), Alcohol: 1.42g (100%), Alcohol %: 0.38% (100%), Protein: 59.2g (118.39%), Vitamin K: 638.81µg (608.39%), Vitamin B12: 7.86µg (130.97%), Vitamin B3: 20.91mg (104.53%), Selenium: 70.08µg (100.11%), Vitamin A: 4628.4IU (92.57%), Zinc: 12.2mg (81.3%), Phosphorus: 614.94mg (61.49%), Vitamin B2: 0.82mg (48.33%), Iron: 7.32mg (40.66%), Magnesium: 151.42mg (37.86%), Manganese: 0.68mg (34.01%), Potassium: 1170.09mg (33.43%), Vitamin C: 25.16mg (30.5%), Vitamin B1: 0.45mg (30.02%), Vitamin B6: 0.58mg (28.95%), Copper: 0.56mg (28.24%), Vitamin B5: 2.43mg (24.27%), Vitamin E: 2.9mg (19.35%), Folate: 76.98µg (19.25%), Calcium: 113.48mg (11.35%), Fiber: 2.65g (10.58%), Vitamin D: 0.34µg (2.27%)