



Roast Lamb with Marionberry-Pecan Crust

READY IN



55 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bread fresh french crustless
- ☐ 4 tablespoons butter melted ()
- ☐ 0.3 cup dijon mustard
- ☐ 6 tablespoons jam
- ☐ 6 tablespoons parsley fresh italian minced
- ☐ 0.8 cup pecans finely chopped
- ☐ 2 lamb loin chops racks of (each)

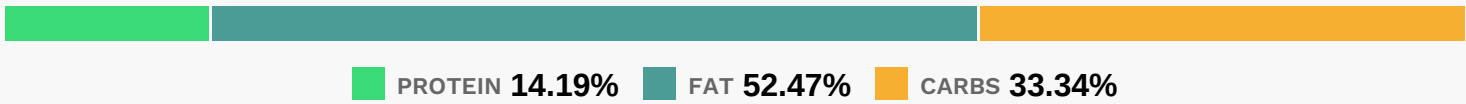
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 425°F.
- ☐ Sprinkle lamb with salt and pepper.
- ☐ Combine jam and Dijon mustard in small bowl; whisk to blend.
- ☐ Mix pecans, Italian parsley, and fresh breadcrumbs in another small bowl to blend.
- ☐ Spread half of mustard glaze over rounded side of each lamb rack. Pat half of breadcrumb mixture over mustard glaze on each.
- ☐ Drizzle each with 2 tablespoons melted butter.
- ☐ Transfer lamb to large rimmed baking sheet. Roast until breadcrumb topping is golden and thermometer inserted into lamb registers 130°F for medium-rare, about 30 minutes.
- ☐ Cut racks between bones into individual chps and serve.
- ☐ For fresh breadcrumbs, grind pieces of crustless French bread in food processor to coarse crumbs.

Nutrition Facts



Properties

Glycemic Index:59.42, Glycemic Load:22.71, Inflammation Score:-7, Nutrition Score:23.843043534652%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin:

0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 539kcal (26.95%), Fat: 32.03g (49.28%), Saturated Fat: 10.02g (62.64%), Carbohydrates: 45.79g (15.26%), Net Carbohydrates: 40.86g (14.86%), Sugar: 18.18g (20.2%), Cholesterol: 67.39mg (22.46%), Sodium: 522.41mg (22.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.97%), Vitamin K: 102.5µg (97.62%), Manganese: 1.55mg (77.43%), Selenium: 32.92µg (47.03%), Vitamin B3: 6.58mg (32.9%), Vitamin B1: 0.43mg (28.72%), Phosphorus: 250.53mg (25.05%), Zinc: 3.38mg (22.56%), Iron: 3.96mg (22.01%), Copper: 0.43mg (21.68%), Vitamin B12: 1.27µg (21.21%), Fiber: 4.93g (19.73%), Vitamin B2: 0.31mg (18.35%), Vitamin A: 878.68IU (17.57%), Magnesium: 70.12mg (17.53%), Folate: 69.69µg (17.42%), Vitamin C: 11mg (13.33%), Potassium: 385.33mg (11.01%), Vitamin B6: 0.21mg (10.54%), Calcium: 103.98mg (10.4%), Vitamin B5: 1.01mg (10.05%), Vitamin E: 0.94mg (6.25%)