



## Roast Racks of Lamb with New Potatoes and Mint Pesto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 cups mint leaves fresh packed ()
- ☐ 4 garlic cloves
- ☐ 2.5 pounds lamb loins racks of trimmed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 4 servings mint sprigs fresh
- ☐ 1.8 pounds new potatoes red unpeeled scrubbed quartered ()

- ☐ 0.8 cup olive oil
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt

## Equipment

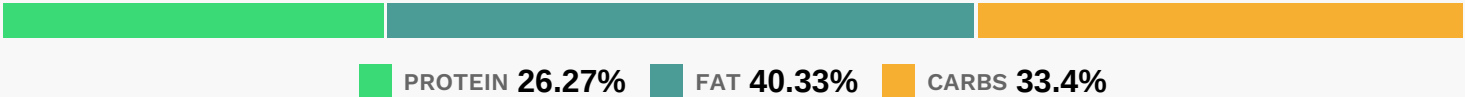
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Whisk 1/2 cup oil, garlic, and mustard in small bowl to blend.
- ☐ Transfer 1/3 cup mustard mixture to large bowl; add potatoes and toss to coat.
- ☐ Brush remaining mustard mixture over lamb.
- ☐ Transfer to large rimmed baking sheet.
- ☐ Puree all ingredients except mint sprigs in processor.
- ☐ Preheat oven to 425°F.
- ☐ Heat 1 tablespoon oil in large skillet over medium-high heat.
- ☐ Add 1 lamb rack, rounded side down, and cook until brown, about 3 minutes. Return to baking sheet. Repeat with remaining lamb rack.
- ☐ Let stand until cool enough to handle, about 10 minutes. Arrange racks facing each other, bone ends up and brown side out, about 2 inches apart on same baking sheet; tip toward each other, intertwining bones loosely. Scatter potatoes around lamb.
- ☐ Roast lamb and potatoes until thermometer inserted into center of lamb registers 130°F for medium-rare, about 20 minutes.
- ☐ Transfer lamb to platter and tent with foil. Continue roasting potatoes until cooked through and crisp, stirring once, about 15 minutes longer. Surround lamb with potatoes, garnish with

mint sprigs, and serve with pesto.

## Nutrition Facts



### Properties

Glycemic Index:15.5, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:25.982173712357%

### Flavonoids

Eriodictyol: 8.01mg, Eriodictyol: 8.01mg, Eriodictyol: 8.01mg, Eriodictyol: 8.01mg Hesperetin: 4.59mg, Hesperetin: 4.59mg, Hesperetin: 4.59mg, Hesperetin: 4.59mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 1.3mg, Apigenin: 1.3mg, Apigenin: 1.3mg, Apigenin: 1.3mg Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

### Nutrients (% of daily need)

Calories: 446.09kcal (22.3%), Fat: 20.19g (31.06%), Saturated Fat: 5.3g (33.14%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 31.85g (11.58%), Sugar: 3.1g (3.44%), Cholesterol: 80.46mg (26.82%), Sodium: 799.57mg (34.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.58g (59.17%), Vitamin B3: 9.97mg (49.84%), Vitamin B12: 2.9µg (48.35%), Selenium: 31.22µg (44.6%), Potassium: 1403.75mg (40.11%), Vitamin C: 31.41mg (38.07%), Zinc: 5.65mg (37.67%), Phosphorus: 373.51mg (37.35%), Manganese: 0.67mg (33.72%), Vitamin B6: 0.62mg (30.87%), Iron: 4.95mg (27.52%), Copper: 0.5mg (24.92%), Magnesium: 98.59mg (24.65%), Vitamin B1: 0.35mg (23.38%), Fiber: 5.77g (23.09%), Folate: 91.85µg (22.96%), Vitamin B2: 0.38mg (22.4%), Vitamin A: 1092.81IU (21.86%), Vitamin B5: 1.49mg (14.88%), Vitamin K: 11.06µg (10.53%), Vitamin E: 1.56mg (10.43%), Calcium: 103.91mg (10.39%)