



## Roasted Rack of Lamb



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup canola oil
- 2 tablespoons rosemary fresh chopped
- 0.3 cup kosher salt
- 4 servings bone lamb racks of
- 2 lemon zest grated
- 1 pinch sugar

## Equipment

- frying pan

baking sheet

oven

## Directions

Mix together the lemon zest, rosemary, salt and sugar. Season the racks on all sides with this mixture, cover and put in the refrigerator overnight. This acts like a quick cure, which will add flavor to the lamb when it is cooked.

Preheat the oven to 300 degrees F.

Put a large saute pan over medium heat and add the oil. Put one of the seasoned racks in the pan fat-side down and sear until golden brown, 3 to 5 minutes. Flip the rack and sear the other side for a few minutes.

Remove to a rimmed baking sheet fat-side up, and repeat the browning process with the other rack.

Put the baking sheet with both racks on it in the oven and roast until the meat registers 120 degrees F to 125 degrees F in the center, 20 to 25 minutes.

Let rest for 5 minutes before cutting into chops and serving.

Photograph by Yunhee Kim

## Nutrition Facts

 **PROTEIN 13.85%**  **FAT 85.79%**  **CARBS 0.36%**

## Properties

Glycemic Index:8.76, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:10.562173947044%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 525.37kcal (26.27%), Fat: 49.71g (76.48%), Saturated Fat: 19.34g (120.9%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.24g (0.09%), Sugar: 0.19g (0.21%), Cholesterol: 94.32mg (31.44%), Sodium: 3606.38mg (156.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.12%), Vitamin B12: 2.59µg (43.23%), Vitamin B3: 7.57mg (37.84%), Selenium: 20.87µg (29.81%), Zinc: 3.38mg (22.54%), Phosphorus: 170.53mg (17.05%), Vitamin B2: 0.24mg (13.99%), Iron: 1.8mg (10%), Vitamin E: 1.45mg (9.68%), Vitamin B1: 0.13mg (8.35%), Vitamin B5: 0.78mg

(7.78%), Vitamin B6: 0.14mg (7.04%), Potassium: 242.26mg (6.92%), Copper: 0.12mg (5.8%), Magnesium: 23.11mg (5.78%), Vitamin K: 4.99µg (4.75%), Folate: 18.11µg (4.53%), Vitamin C: 2.04mg (2.48%), Calcium: 24.4mg (2.44%), Manganese: 0.03mg (1.69%)