



## Roasted Rack of Lamb with Mint Pesto

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon apple cider vinegar
- 2 tablespoons canola oil
- 1 bunch mint leaves fresh
- 1 tablespoon garlic chopped
- 1 pinch kosher salt and pepper black freshly ground
- 4 servings kosher salt and pepper black freshly ground
- 2 pound frenched lamb rack of
- 2 tablespoons mint jelly

- 1 tablespoon olive oil extra-virgin
- 0.3 teaspoon pepper flakes red
- 2 tablespoons walnuts chopped

## Equipment

- food processor
- bowl
- frying pan
- oven
- kitchen thermometer
- aluminum foil

## Directions

- Let the lamb come to room temperature for about 30 minutes before you are ready to roast. Season the lamb on all sides with salt and pepper, to taste.
- Preheat the oven to 350 degrees F.
- Heat the oil in a large, heavy-bottomed skillet with a heatproof handle over medium-high heat.
- Put the rack into the pan, fat side down, and sear it until it is browned, about 2 to 3 minutes. Turn the rack over and sear the other side for 2 minutes.
- Put the pan into the oven, and roast the lamb until it is medium-rare, or until the internal temperature reaches 125 to 130 degrees F on an instant-read thermometer, about 15 to 20 minutes.
- Remove the lamb from the oven, cover it with foil, and let it rest for about 10 minutes before slicing into chops.
- Serve with the Mint Pesto.
- Combine all of the ingredients in the bowl of a food processor. Process until the mixture is almost smooth. Taste and adjust the seasonings with salt and pepper, to taste. The pesto may be made 1 day ahead, covered and refrigerated. Bring the pesto to room temperature before serving.

## Nutrition Facts

PROTEIN 12.95% FAT 82.44% CARBS 4.61%

## Properties

Glycemic Index:38.5, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:15.522608503051%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 777.73kcal (38.89%), Fat: 70.74g (108.83%), Saturated Fat: 26.41g (165.08%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.39g (3.05%), Sugar: 4.27g (4.74%), Cholesterol: 125.83mg (41.94%), Sodium: 101.05mg (4.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.99%), Vitamin B12: 3.46µg (57.67%), Vitamin B3: 10.19mg (50.93%), Selenium: 28.38µg (40.54%), Zinc: 4.68mg (31.23%), Phosphorus: 248.78mg (24.88%), Vitamin B2: 0.33mg (19.31%), Iron: 2.59mg (14.4%), Vitamin E: 2.11mg (14.08%), Manganese: 0.27mg (13.49%), Vitamin B1: 0.19mg (12.53%), Copper: 0.24mg (11.97%), Vitamin B6: 0.24mg (11.9%), Vitamin B5: 1.07mg (10.73%), Potassium: 357.2mg (10.21%), Magnesium: 39.59mg (9.9%), Folate: 29.33µg (7.33%), Vitamin K: 7.6µg (7.24%), Calcium: 37.05mg (3.7%), Fiber: 0.53g (2.13%), Vitamin A: 81.41IU (1.63%), Vitamin C: 1.01mg (1.22%)