



Rosemary-Crusted Rack of Lamb With Balsamic Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 0.3 cup breadcrumbs fresh
- 0.5 teaspoon cornstarch
- 0.3 cup cooking wine dry white
- 2 garlic cloves minced
- 2 teaspoons honey
- 1.5 pound french-cut lamb rack of lean (8 ribs)

- 0.5 cup low-salt chicken broth
- 0.5 teaspoon olive oil
- 0.1 teaspoon pepper
- 3 teaspoons teaspoon rosemary dried fresh divided chopped
- 0.3 cup shallots minced

Equipment

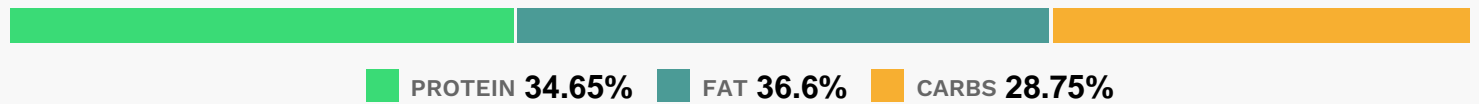
- frying pan
- oven
- kitchen thermometer
- ziploc bags

Directions

- Trim fat from lamb.
- Combine vinegar, 2 teaspoons rosemary, and minced garlic in a large zip-top plastic bag.
- Add the lamb to bag, and seal. Marinate in refrigerator for at least 6 to 12 hours, turning occasionally.
- Preheat oven to 45
- Remove lamb from bag, reserving marinade.
- Sprinkle lamb with pepper.
- Combine the breadcrumbs and 1 teaspoon chopped rosemary, and pat breadcrumb mixture into meaty side of lamb.
- Place lamb, meat side up, on a jelly-roll pan coated with cooking spray. Insert a meat thermometer into the thickest part of lamb, making sure not to touch bone.
- Bake lamb at 450 for 20 minutes or until the meat thermometer registers 145 (medium-rare) or until the lamb is desired degree of doneness.
- Heat olive oil in a large nonstick skillet over medium-high heat; add shallots, and saut for 4 minutes.
- Add white wine and reserved marinade, and bring to a boil. Reduce heat, and simmer, uncovered, 8 minutes or until liquid almost evaporates.

- Add chicken broth, and bring to a boil. Reduce heat, and simmer, uncovered, until reduced to 1/3 cup (about 5 minutes).
- Combine honey and cornstarch, and add to the broth mixture. Bring to a boil, and cook for 1 minute, stirring constantly.
- Slice rack into 8 chops.
- Serve sauce with lamb; garnish with thyme sprigs and red grapes, if desired.
- Note: You can use 3/4 cup low-salt chicken broth and omit the wine, if desired.

Nutrition Facts



Properties

Glycemic Index:69.82, Glycemic Load:3.35, Inflammation Score:-3, Nutrition Score:9.5760869387051%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 207.15kcal (10.36%), Fat: 7.82g (12.03%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 12.96g (4.71%), Sugar: 6.45g (7.16%), Cholesterol: 48.27mg (16.09%), Sodium: 116.68mg (5.07%), Alcohol: 1.54g (100%), Alcohol %: 1.25% (100%), Protein: 16.66g (33.32%), Vitamin B12: 1.79µg (29.9%), Selenium: 18.46µg (26.37%), Vitamin B3: 5.22mg (26.11%), Zinc: 3.02mg (20.15%), Phosphorus: 168.84mg (16.88%), Vitamin B2: 0.19mg (11.23%), Vitamin B1: 0.17mg (11.07%), Iron: 1.99mg (11.03%), Vitamin B6: 0.21mg (10.38%), Manganese: 0.19mg (9.67%), Potassium: 315.3mg (9.01%), Magnesium: 28.25mg (7.06%), Folate: 28.12µg (7.03%), Copper: 0.14mg (6.86%), Vitamin B5: 0.57mg (5.75%), Calcium: 36.54mg (3.65%), Fiber: 0.87g (3.46%), Vitamin C: 1.71mg (2.08%), Vitamin E: 0.22mg (1.49%)