



# Rosemary-Crusted Rack of Lamb with Herbed Jelly

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons dijon mustard
- 2 garlic cloves crushed
- 1 tablespoon honey
- 4 servings herbed jelly
- 1.5 pound lamb loins rack of lean
- 0.3 teaspoon cracked pepper
- 0.3 teaspoon salt

- 1 cup breadcrumbs fresh whole-wheat
- 2 teaspoons or dried fresh finely chopped

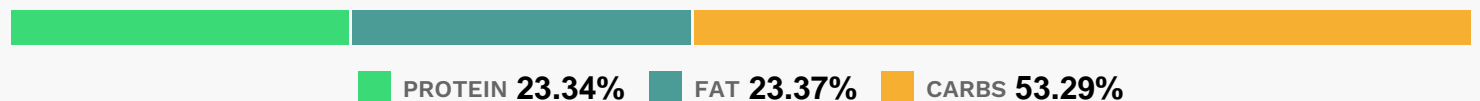
## Equipment

- oven
- kitchen thermometer
- broiler pan

## Directions

- Trim the fat from lamb, and place, meat side up, on broiler pan. Insert meat thermometer into the thickest part of lamb, making sure thermometer does not touch bone. Set aside.
- Combine mustard, honey, and garlic; stir well.
- Spread mustard mixture over lamb.
- Combine breadcrumbs and next 3 ingredients; stir well. Pat breadcrumb mixture into mustard mixture on lamb.
- Bake lamb at 425 for 40 minutes or until thermometer registers 140 (rare) to 160 (medium-well). Slice into 8 chops; serve with Herbed Jelly, and garnish with rosemary sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:67.82, Glycemic Load:9.9, Inflammation Score:-2, Nutrition Score:9.3899999286817%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 284.81kcal (14.24%), Fat: 7.94g (12.21%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 37.37g (13.59%), Sugar: 15.03g (16.7%), Cholesterol: 48.27mg (16.09%), Sodium: 431.42mg (18.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.83g (35.66%), Vitamin B12: 1.74µg (29.01%), Selenium: 19.52µg (27.89%), Vitamin B3: 4.38mg (21.88%), Zinc: 2.87mg (19.15%), Iron: 3.4mg (18.91%), Phosphorus:

147.02mg (14.7%), Fiber: 3.33g (13.34%), Vitamin B2: 0.17mg (10.03%), Vitamin C: 7.71mg (9.35%), Vitamin B6: 0.15mg (7.36%), Vitamin B1: 0.11mg (7.24%), Potassium: 231.39mg (6.61%), Magnesium: 23.49mg (5.87%), Copper: 0.12mg (5.76%), Manganese: 0.1mg (5.17%), Vitamin B5: 0.52mg (5.16%), Folate: 18.41µg (4.6%), Calcium: 21.82mg (2.18%), Vitamin E: 0.19mg (1.28%)