



Rosemary-Pesto Lamb Rack

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1145 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 garlic clove
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 cup parsley leaves and stems packed ()
- ☐ 1.5 pound lamb loins rack of
- ☐ 2 tablespoons rosemary plus rosemary sprigs fresh chopped

Equipment

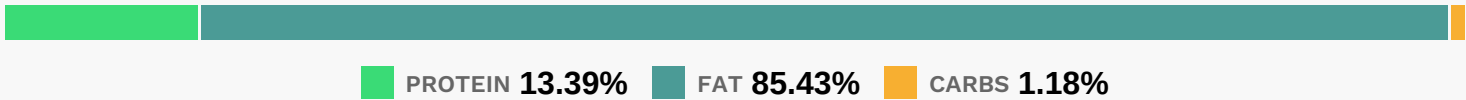
- ☐ baking sheet

☐ oven

Directions

- ☐ Position rack in center of oven and preheat to 450°F.
- ☐ Place parsley, chopped rosemary, grated Parmesan cheese and garlic in processor. Process to coarse paste. With machine running, gradually add olive oil. Season pesto to taste with salt and pepper.
- ☐ Place lamb on small rimmed baking sheet.
- ☐ Sprinkle with salt and pepper.
- ☐ Spread all pesto over rounded side of lamb. Roast 10 minutes. Reduce oven temperature to 400°F and roast to desired doneness, about 15 minutes longer for medium-rare.
- ☐ Cut lamb between bones into chops. Divide chops between 2 plates; garnish with rosemary sprigs.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:0.59, Inflammation Score:-8, Nutrition Score:29.889130153734%

Flavonoids

Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1144.78kcal (57.24%), Fat: 108.24g (166.52%), Saturated Fat: 41.49g (259.31%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.15g (0.16%), Cholesterol: 193.09mg (64.36%), Sodium: 236.65mg (10.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.18g (76.36%), Vitamin K: 258.75µg (246.43%), Vitamin B12: 5.26µg (87.63%), Vitamin B3: 15.35mg (76.77%), Selenium: 43.79µg (62.56%), Zinc: 7.19mg (47.93%), Phosphorus: 384.32mg (38.43%), Vitamin B2: 0.51mg (30.24%), Iron: 5.13mg (28.51%), Vitamin A: 1369.55IU (27.39%), Vitamin C: 21.64mg (26.23%), Vitamin E: 3.61mg (24.07%), Vitamin B1: 0.28mg (18.39%), Vitamin B6: 0.34mg (17.21%), Potassium: 589.47mg (16.84%), Vitamin B5: 1.62mg (16.25%), Folate: 64.05µg (16.01%), Magnesium: 58.73mg (14.68%), Calcium: 130.68mg (13.07%), Copper: 0.26mg (13.04%), Manganese: 0.13mg

(6.52%), Fiber: 1.38g (5.51%)