



Rosemary Rack of Lamb with Balsamic-Raisin Reduction

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon brown sugar
- 1 tablespoon butter
- 1 cup cooking wine dry red
- 2 teaspoons rosemary fresh finely chopped
- 1.5 pound french-cut lamb rack of trimmed (8 ribs)

- 0.3 cup raisins
- 0.5 teaspoon salt

Equipment

- sauce pan
- oven
- whisk
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 42
- Combine first 4 ingredients in a small saucepan; bring to a boil. Cook until reduced to 1/2 cup (about 15 minutes).
- Remove from heat; cool slightly.
- Add the butter, stirring well with a whisk; keep warm.
- Sprinkle lamb with rosemary, salt, and freshly ground pepper.
- Place lamb, meat side up, on a broiler pan coated with cooking spray.
- Bake at 425 for 30 minutes or until a thermometer registers 145 (medium-rare) to 160 (medium).
- Let stand 5 minutes. Slice rack into 8 pieces.
- Serve with reduction.

Nutrition Facts



PROTEIN 19.85% **FAT 66.43%** **CARBS 13.72%**

Properties

Glycemic Index:47.7, Glycemic Load:7.91, Inflammation Score:-4, Nutrition Score:16.431304164555%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 635.25kcal (31.76%), Fat: 42.71g (65.71%), Saturated Fat: 19.15g (119.69%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 19.19g (6.98%), Sugar: 10.06g (11.18%), Cholesterol: 131.7mg (43.9%), Sodium: 427.96mg (18.61%), Alcohol: 6.3g (100%), Alcohol %: 2.71% (100%), Protein: 28.72g (57.44%), Vitamin B12: 3.94µg (65.59%), Vitamin B3: 10.25mg (51.23%), Selenium: 32.11µg (45.87%), Zinc: 5.86mg (39.08%), Phosphorus: 284.12mg (28.41%), Vitamin B2: 0.38mg (22.07%), Iron: 3.26mg (18.09%), Potassium: 512.82mg (14.65%), Vitamin B1: 0.2mg (13.17%), Vitamin B6: 0.24mg (12%), Vitamin B5: 1.12mg (11.2%), Magnesium: 44.78mg (11.2%), Copper: 0.22mg (10.75%), Folate: 31.1µg (7.78%), Manganese: 0.14mg (6.91%), Vitamin K: 6.57µg (6.26%), Calcium: 46.88mg (4.69%), Vitamin E: 0.42mg (2.82%), Fiber: 0.65g (2.62%), Vitamin A: 89.61IU (1.79%), Vitamin D: 0.17µg (1.13%)