



Spiced Lamb with Plum Sauce



Gluten Free



Dairy Free

READY IN



52 min.

SERVINGS



8

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups prune- cut to pieces dried pitted chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground coriander

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground cumin
- ☐ 3 pound wire rack racks of (8 ribs each)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 3 cups onion thinly sliced
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 1.8 cups water

Equipment

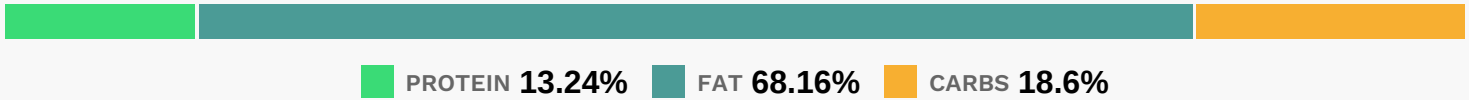
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 37
- ☐ To prepare lamb, combine the first 6 ingredients. Coat lamb with oil. Rub spice mixture on lamb.
- ☐ Arrange onion in a roasting pan coated with cooking spray; top with lamb.
- ☐ Bake at 375 for 30 minutes or until a thermometer inserted in thickest part of lamb registers 13
- ☐ Let stand 10 minutes.
- ☐ Cut lamb into chops. Discard onions.
- ☐ To prepare sauce, combine 1 3/4 cups water and next 7 ingredients in a medium saucepan; bring to a boil. Reduce heat to medium; simmer 20 minutes or until sauce measures 2 cups. Stir in juice.
- ☐ Serve sauce with lamb.

- ☐
- Sprinkle lamb with cilantro.
- ☐
- Wine Match: A big red has enough body to stand up to the meaty lamb, and its fruit marries well with the plum. Sonoma's Dry Creek Vineyard's Heritage Zinfandel 2009 (\$1
- ☐
- is juicy with undertones of clove and pepper that draw out the aromatics. --Gretchen Roberts

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:6.65, Inflammation Score:-6, Nutrition Score:15.533043488212%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.83mg, Quercetin: 12.83mg, Quercetin: 12.83mg, Quercetin: 12.83mg

Nutrients (% of daily need)

Calories: 584.94kcal (29.25%), Fat: 44.85g (69%), Saturated Fat: 19.14g (119.63%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 23.64g (8.6%), Sugar: 15.08g (16.75%), Cholesterol: 94.37mg (31.46%), Sodium: 149.03mg (6.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.21%), Vitamin B12: 2.6µg (43.25%), Vitamin B3: 8.32mg (41.59%), Selenium: 21.42µg (30.6%), Zinc: 3.68mg (24.52%), Phosphorus: 215.24mg (21.52%), Vitamin K: 21.66µg (20.63%), Vitamin B2: 0.32mg (18.86%), Potassium: 588.11mg (16.8%), Fiber: 3.9g (15.61%), Manganese: 0.3mg (15.13%), Iron: 2.6mg (14.45%), Vitamin B6: 0.29mg (14.35%), Copper: 0.25mg (12.35%), Vitamin B1: 0.17mg (11.58%), Magnesium: 46.1mg (11.53%), Vitamin B5: 1mg (9.97%), Vitamin A: 454.12IU (9.08%), Folate: 30.79µg (7.7%), Vitamin C: 5.51mg (6.68%), Calcium: 59.57mg (5.96%), Vitamin E: 0.76mg (5.1%)