



HEALTH SCORE

80%

Sun-Dried Tomato and Garlic-Crusted Rack of Lamb



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 garlic clove peeled
- ☐ 4 pound lamb racks of trimmed (8 chops each)
- ☐ 12 ounce sun-dried olives with herbs, drained well, oil reserved
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 3 large rosemary leaves fresh
- ☐ 2 large shallots peeled halved

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F.
- ☐ Place 1/4 cup reserved tomato oil, garlic, and shallots in small baking dish; sprinkle with salt and pepper and cover with foil.
- ☐ Bake until garlic is tender, about 45 minutes.
- ☐ Transfer garlic mixture to processor.
- ☐ Add tomatoes and oregano. Blend until paste forms. Season with salt and pepper. DO AHEAD: Can be made 2 days ahead.
- ☐ Transfer to bowl, cover, and chill.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add garlic and rosemary to skillet.
- ☐ Saute until garlic browns, about 5 minutes. Discard garlic and rosemary.
- ☐ Sprinkle lamb on all sides with salt and pepper.
- ☐ Add 1 rack to skillet, rounded side down. Sear until golden brown, about 5 minutes.
- ☐ Transfer rack to large rimmed baking sheet, rounded side up. Repeat with remaining lamb rack.
- ☐ Preheat oven to 450°F. Roast lamb 18 minutes.
- ☐ Remove from oven.
- ☐ Spread 1/3 cup tomato-garlic paste thinly all over top of each. Return to oven and roast until thermometer inserted into center registers 134°F, about 3 minutes longer.

- ☐
- Let lamb rest 10 minutes.
- ☐
- Cut between bones into individual chops and serve.
- ☐
- Black cherry fruit and a slightly spicy finish are a nice match for the garlicky lamb. Try Alpha Estate 2005 Xiñó mavro (Greece, \$36).

Nutrition Facts

PROTEIN

29.78%

FAT

40.46%

CARBS

29.76%

Properties

Glycemic Index:15.83, Glycemic Load:7.94, Inflammation Score:-9, Nutrition Score:32.580869508826%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 439.76kcal (21.99%), Fat: 20.77g (31.95%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 26.67g (9.7%), Sugar: 22.03g (24.48%), Cholesterol: 85.82mg (28.61%), Sodium: 156.11mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.4g (68.8%), Potassium: 2339.12mg (66.83%), Vitamin B3: 12.86mg (64.32%), Manganese: 1.18mg (59.1%), Vitamin B12: 3.09µg (51.58%), Copper: 0.97mg (48.48%), Selenium: 32.54µg (46.48%), Phosphorus: 446.83mg (44.68%), Iron: 7.84mg (43.55%), Zinc: 6.15mg (41.02%), Magnesium: 147.46mg (36.86%), Vitamin K: 33.88µg (32.26%), Vitamin B2: 0.55mg (32.14%), Vitamin B1: 0.47mg (31.07%), Fiber: 7.71g (30.83%), Vitamin C: 23.64mg (28.66%), Vitamin B6: 0.46mg (23.01%), Vitamin B5: 2.08mg (20.76%), Folate: 71.27µg (17.82%), Vitamin A: 524.86IU (10.5%), Calcium: 99.64mg (9.96%), Vitamin E: 1.42mg (9.45%)