



Sunny's Rack of Lamb

 Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

181 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread crumbs plain
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 rack lamb loins 8 bones approximately
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons mustard stone-ground

☐ 8 sprigs thyme leaves chopped

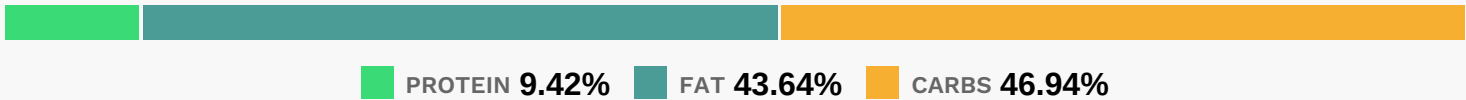
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Combine all of the ingredients in a bowl and set aside.
- ☐ Season the lamb all over with salt and pepper, to taste.
- ☐ Heat the oil in an oven-safe skillet over medium-high heat. When the oil begins to swirl, add the lamb and sear it on all sides until golden and a nice crust has formed, about 2 minutes per side.
- ☐ Remove the lamb from the pan and brush with mustard on all sides. Press the coating onto the lamb, making sure to cover all sides.
- ☐ Put the lamb, bone side down, back in the pan and put it in the oven. Roast until the internal temperature reaches 125 degrees F on an instant-read thermometer, and the coating is golden brown, anywhere from 15 to 20 minutes for medium-rare.
- ☐ Remove the lamb from the oven and let it rest 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.27, Inflammation Score:-9, Nutrition Score:6.9556521280952%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.25mg, Luteolin:

1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg 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: 181.38kcal (9.07%), Fat: 8.87g (13.65%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 19.25g (7%), Sugar: 1.8g (2%), Cholesterol: 0.18mg (0.06%), Sodium: 281.92mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Manganese: 0.39mg (19.53%), Vitamin B1: 0.28mg (18.8%), Selenium: 9.62µg (13.74%), Iron: 2.04mg (11.36%), Vitamin B3: 1.95mg (9.74%), Fiber: 2.22g (8.86%), Folate: 34.36µg (8.59%), Vitamin B2: 0.13mg (7.86%), Calcium: 74.75mg (7.47%), Vitamin E: 1.06mg (7.06%), Phosphorus: 60.1mg (6.01%), Vitamin K: 6.31µg (6.01%), Vitamin C: 4.71mg (5.71%), Magnesium: 21.92mg (5.48%), Copper: 0.1mg (5.14%), Vitamin A: 236.47IU (4.73%), Zinc: 0.54mg (3.6%), Vitamin B6: 0.07mg (3.53%), Potassium: 105.22mg (3.01%), Vitamin B5: 0.21mg (2.08%), Vitamin B12: 0.1µg (1.67%)