

Rack of Lamb

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/rack-of-lamb-recipe-easter>

Ingredients:

- 1 1/2 tablespoons kosher salt
- 2 tablespoons fresh rosemary minced
- 3 garlic cloves minced
- 1/2 cup Dijon mustard
- 1 tablespoon balsamic vinegar
- 2 racks of lamb "frenched", see below

Nutrition:

1. Calories: 1170 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 230 milligrams
4. Fat: 106 grams
5. Fiber: 1 grams
6. Protein: 48 grams
7. SaturatedFat: 46 grams
8. Sodium: 1970 milligrams
9. Sugar: 1 grams

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