

Rack of Lamb with Mint Sauce

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 tablespoons firmly packed dark brown sugar
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon ground cardamom
- 1/2 teaspoon ground cinnamon
- 2 racks of lamb each with 7 or 8 ribs, 1 1/2 to 1 3/4 lb. total
- 1/2 cup fresh mint leaves packed
- 2 tablespoons confectioners sugar
- 1/3 cup cider vinegar or rice wine vinegar

Nutrition:

1. Calories: 1730 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 345 milligrams
4. Fat: 155 grams
5. Fiber: 2 grams
6. Protein: 69 grams
7. SaturatedFat: 68 grams
8. Sodium: 260 milligrams
9. Sugar: 4 grams

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