

Roasted Lamb Rack And Vegetables

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 400 grams potatoes chat, quartered
- 1 kumara peeled, cubed
- 3 zucchini cut into chunks
- 2 small red onions cut into wedges
- 1 red capsicum seeded, sliced
- 1/4 cup olive oil
- 2 lamb racks 8-cutlet, frenched, trimmed of fat and sinew, halved
- 1/3 cup cranberry sauce
- vegetables optional
- salad optional

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 45 grams
3. Fat: 14 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 60 milligrams
8. Sugar: 18 grams

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