

Roasted Rack of Lamb Dijon

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- lamb racks
- Dijon mustard
- olive oil Metropolitan Market
- minced garlic
- fresh thyme
- salt
- pepper

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 4 grams
3. Fat: 6 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 200 milligrams

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