



Baked Fresh Ham with Apple-Cranberry Sauce



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



781 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pickling spice
- ☐ 0.5 cup apple cider vinegar
- ☐ 1.5 cups apple juice
- ☐ 6 apples split
- ☐ 1 bay leaf
- ☐ 1 tablespoon mustard seeds black
- ☐ 1 cinnamon sticks
- ☐ 2 cups cranberries fresh frozen fine if not , is

- ☐ 1 inch ginger
- ☐ 5 pound ham fresh
- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 10 servings olive oil extra-virgin
- ☐ 2 tablespoons sugar

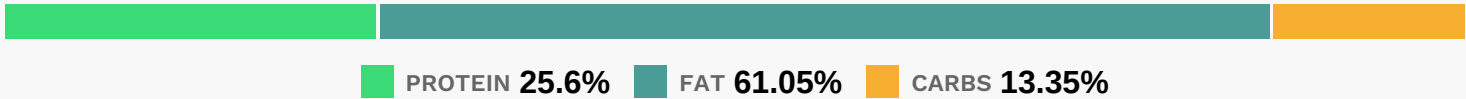
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300 degrees F.
- ☐ Score fat and put ham, fat side up, in a roasting pan. Rub with extra-virgin olive oil and season with plenty of salt and pepper all over. Cover loosely with foil and roast for 2 hours.
- ☐ Remove foil and roast for final hour uncovered.
- ☐ In a large saucepan add all the sauce ingredients and simmer for 25 minutes until apples are almost falling apart and the sauce is fragrant.
- ☐ Remove cinnamon stick, bay leaf, and ginger then puree in a blender until completely smooth.
- ☐ Serve with baked fresh ham.

Nutrition Facts



Properties

Glycemic Index:28.48, Glycemic Load:8.2, Inflammation Score:-4, Nutrition Score:26.485217446866%

Flavonoids

Cyanidin: 11.01mg, Cyanidin: 11.01mg, Cyanidin: 11.01mg, Cyanidin: 11.01mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.85mg, Peonidin: 9.85mg, Peonidin: 9.85mg, Peonidin: 9.85mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 10.85mg, Epicatechin: 10.85mg, Epicatechin: 10.85mg, Epicatechin: 10.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

Nutrients (% of daily need)

Calories: 780.93kcal (39.05%), Fat: 52.78g (81.2%), Saturated Fat: 15.58g (97.4%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 21.58g (7.85%), Sugar: 18.39g (20.43%), Cholesterol: 140.61mg (46.87%), Sodium: 2696.61mg (117.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.79g (99.58%), Vitamin B1: 1.4mg (93.58%), Selenium: 53.94µg (77.06%), Vitamin B3: 10.4mg (51.98%), Phosphorus: 515.04mg (51.5%), Vitamin B6: 0.95mg (47.33%), Zinc: 5.45mg (36.35%), Vitamin B2: 0.55mg (32.45%), Potassium: 860.51mg (24.59%), Vitamin E: 3.63mg (24.22%), Vitamin B12: 1.45µg (24.19%), Vitamin K: 21.36µg (20.34%), Manganese: 0.38mg (18.82%), Fiber: 4.41g (17.62%), Iron: 2.99mg (16.62%), Magnesium: 60.97mg (15.24%), Copper: 0.26mg (12.76%), Vitamin B5: 1.21mg (12.07%), Vitamin D: 1.59µg (10.58%), Vitamin C: 8.32mg (10.09%), Calcium: 58.69mg (5.87%), Folate: 15.7µg (3.92%), Vitamin A: 99.03IU (1.98%)