



HEALTH SCORE

59%

Baked Ham with Mustard-Red Currant Glaze and Rhubarb Chutney



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN

**45 min.**

SERVINGS

**8**

CALORIES

**870 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ground ginger
- ☐ 9 pound finely-chopped ham bone-in fully cooked (shank or butt end)
- ☐ 0.8 cup currant jelly red
- ☐ 8 servings rhubarb
- ☐ 1 bunch watercress
- ☐ 6 tablespoons coarse mustard whole

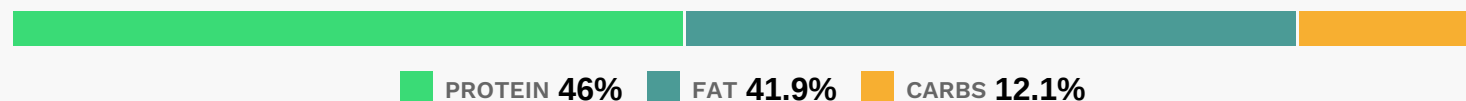
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Position rack in bottom third of oven and preheat to 325°F.
- ☐ Whisk jelly, mustard, and ginger in heavy medium saucepan over medium heat until melted, about 1 minute.
- ☐ Remove glaze from heat.
- ☐ Trim any tough rind and fat from upper side of ham, leaving 1/4-inch-thick layer of fat. Using long sharp knife, score fat in 1-inch-wide diamond pattern.
- ☐ Place ham in roasting pan.
- ☐ Bake 1 hour.
- ☐ Brush top and sides of ham generously with some of glaze.
- ☐ Bake until thermometer inserted into thickest part of ham registers 140°F, brushing with glaze every 15 minutes and tenting ham with foil if browning too quickly, about 1 hour 15 minutes.
- ☐ Remove ham from oven; let stand 15 minutes.
- ☐ Transfer to platter.
- ☐ Garnish with watercress.
- ☐ Serve with Rhubarb Chutney.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:12.15, Inflammation Score:-7, Nutrition Score:46.754347920418%

Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 870.22kcal (43.51%), Fat: 39.43g (60.66%), Saturated Fat: 8.75g (54.72%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 23.64g (8.59%), Sugar: 16.31g (18.12%), Cholesterol: 372.51mg (124.17%), Sodium: 6031.64mg (262.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 97.39g (194.78%), Vitamin B1: 2.75mg (183.07%), Vitamin C: 127.97mg (155.12%), Selenium: 106.41µg (152.01%), Phosphorus: 1519.3mg (151.93%), Vitamin B12: 7.2µg (119.92%), Vitamin B3: 18.43mg (92.15%), Zinc: 11.55mg (76.99%), Vitamin B2: 1.27mg (74.64%), Vitamin B6: 1.34mg (67.08%), Potassium: 1666.28mg (47.61%), Vitamin B5: 4.56mg (45.58%), Copper: 0.64mg (31.95%), Magnesium: 122.61mg (30.65%), Manganese: 0.55mg (27.58%), Iron: 4.89mg (27.15%), Vitamin K: 25.86µg (24.63%), Calcium: 100.72mg (10.07%), Fiber: 2g (8%), Folate: 24.2µg (6.05%), Vitamin A: 170.04IU (3.4%), Vitamin E: 0.27mg (1.82%)