



 1%
HEALTH SCORE

Baked Ham with Rosemary and Sweet Vermouth

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper black freshly ground
- 2 tablespoons rosemary leaves fresh chopped
- 3 garlic clove minced
- 2 tablespoons honey
- 6 pound 3%-less-sodium smoked fully cooked
- 2 cups mirin sweet
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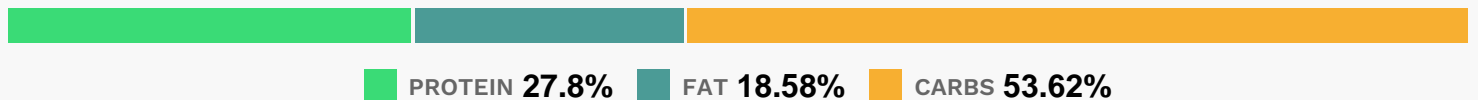
Equipment

- frying pan
- sauce pan
- oven
- kitchen thermometer
- aluminum foil
- broiler pan

Directions

- Preheat oven to 350
- Bring vermouth and honey to a boil in a small heavy saucepan; cook 16 minutes or until reduced to about 3/4 cup.
- Remove pan from heat.
- Trim fat and rind from ham. Score outside of ham in a diamond pattern.
- Place ham on a broiler pan coated with cooking spray. Rub ham evenly with rosemary, pepper, and garlic.
- Bake at 350 for 1 1/2 hours.
- Brush ham with 1/4 cup vermouth mixture; cover loosely with foil.
- Bake an additional 45 minutes or until a thermometer inserted in center of ham registers 135, basting with vermouth mixture every 15 minutes.
- Place ham on a serving platter; let stand 30 minutes before slicing

Nutrition Facts



Properties

Glycemic Index:7.14, Glycemic Load:1.2, Inflammation Score:-1, Nutrition Score:1.7865217429302%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 84.67kcal (4.23%), Fat: 1.04g (1.6%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6.68g (2.43%), Sugar: 2.38g (2.65%), Cholesterol: 0mg (0%), Sodium: 51.32mg (2.23%), Alcohol: 5.7g (100%), Alcohol %: 3.09% (100%), Protein: 3.51g (7.02%), Vitamin B3: 2.34mg (11.71%), Phosphorus: 52.36mg (5.24%), Copper: 0.09mg (4.59%), Potassium: 153.24mg (4.38%), Vitamin B2: 0.05mg (3.13%), Vitamin B12: 0.17µg (2.83%), Iron: 0.41mg (2.26%), Manganese: 0.03mg (1.49%), Vitamin B6: 0.03mg (1.29%), Zinc: 0.19mg (1.24%)