



Balsamic- and Dijon-Glazed Ham with Roasted Pearl Onions

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



877 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons balsamic vinegar
- ☐ 0.3 cup butter diced ()
- ☐ 1 cup brown sugar dark packed ()
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 teaspoon ground pepper black
- ☐ 8 pound half ham shank fully cooked fat trimmed
- ☐ 2 pounds pearl onions

☐ 1 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Cook onions in large pot of boiling salted water 2 minutes; drain. Trim root ends, leaving base intact. Peel. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 325°F.
- ☐ Combine sugar, vinegar, and mustard in bowl for glaze.
- ☐ Transfer onions to 11x7x2-inch glass baking dish.
- ☐ Add 2/3 cup glaze, butter, 1 teaspoon salt, 1/4 teaspoon pepper, and 1/2 cup water; toss to coat. Cover with foil.
- ☐ Line large roasting pan with foil. Making 1/2-inch-deep slits, score ham with diamond pattern.
- ☐ Place ham in pan and roast 45 minutes.
- ☐ Place onions in oven. Roast ham and onions 25 minutes. Uncover onions. Continue roasting onions and ham 50 minutes.
- ☐ Baste ham with some of glaze. Continue to roast ham and onions until deep brown and glazed, brushing ham with glaze every 10 minutes, about 30 minutes longer.
- ☐ Transfer ham to large platter.
- ☐ Transfer onion mixture to bowl.
- ☐ Serve ham, passing onion mixture separately.

Nutrition Facts



 **PROTEIN 30.71%**  **FAT 57.05%**  **CARBS 12.24%**

Properties

Glycemic Index:15.92, Glycemic Load:2.15, Inflammation Score:-5, Nutrition Score:29.19565194586%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

Nutrients (% of daily need)

Calories: 876.89kcal (43.84%), Fat: 54.75g (84.23%), Saturated Fat: 20.56g (128.47%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 24.95g (9.07%), Sugar: 22.04g (24.49%), Cholesterol: 197.65mg (65.88%), Sodium: 3864.58mg (168.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.32g (132.63%), Vitamin B1: 1.86mg (123.97%), Selenium: 70.57µg (100.81%), Vitamin B3: 13.62mg (68.11%), Phosphorus: 676.3mg (67.63%), Vitamin B6: 1.25mg (62.51%), Zinc: 7.18mg (47.89%), Vitamin B2: 0.69mg (40.76%), Vitamin B12: 1.94µg (32.39%), Potassium: 1014.43mg (28.98%), Magnesium: 69.44mg (17.36%), Iron: 3.03mg (16.86%), Vitamin B5: 1.52mg (15.16%), Copper: 0.29mg (14.72%), Vitamin D: 2.12µg (14.11%), Manganese: 0.18mg (9.09%), Vitamin E: 1.23mg (8.18%), Vitamin C: 5.61mg (6.8%), Folate: 24.03µg (6.01%), Calcium: 59.37mg (5.94%), Fiber: 1.46g (5.83%), Vitamin A: 122.58IU (2.45%)