



HEALTH SCORE

76%

Balsamic-Glazed Ham With Basil English Peas



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



8

CALORIES



2601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple jelly
- ☐ 5 tablespoons balsamic vinegar
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons ground mustard
- ☐ 1.5 tablespoons basil fresh minced
- ☐ 1 ham bone-in fully-cooked
- ☐ 8 servings pepper black freshly ground
- ☐ 2 tablespoons lemon zest

- ☐ 1 cup chicken stock low sodium homemade store-bought
- ☐ 1.5 tablespoons olive oil
- ☐ 18 ounces peas fresh english shelled
- ☐ 0.3 cup onion white minced ()
- ☐ 0.3 cup wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ cutting board

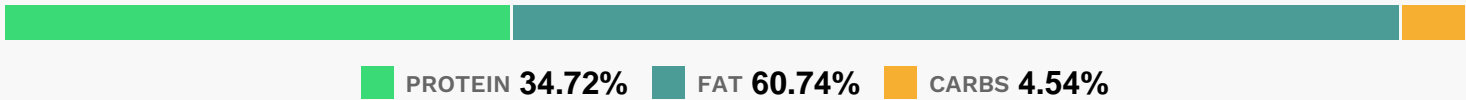
Directions

- ☐ Adjust oven rack to lower-middle position and preheat oven to 325°F. Prepare the glaze by combining the vinegar, mustard, jelly, brown sugar, 1/2 teaspoon salt and 1 teaspoon black pepper in a small saucepan over medium heat. Bring to a simmer and, stirring continuously, allow mixture to reduce until lightly syrupy, about 5 minutes. Set aside.
- ☐ Place ham, flat side down, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of ham and does not touch bone or rest in fat. Cover loosely with foil and transfer to the oven to roast until a meat thermometer inserted into the deepest part of the ham registers 115°F, about 1 hour.
- ☐ Remove from oven and remove foil. Generously slather meat with glaze, taking care to sure to get mixture into the crevices.
- ☐ Tent loosely with the foil again and return ham to the oven and continue to bake until it's caramelized on the outside and a meat thermometer inserted into the thickest part of the

meat reads 135°F, about 30 minutes longer.

- ☐ When done, transfer ham to a cutting board, tent lightly with foil, and let rest at least 10 minutes. Meanwhile, place roasting pan with drippings on stove top over high heat.
- ☐ Add wine and cook, using a wooden spoon to scrape up and browned bits. Simmer until lightly thickened, about two minutes.
- ☐ Transfer pan sauce to a bowl and set aside.
- ☐ Heat olive oil in a sauté pan over medium-high heat. When oil is shimmering, add onion and sauté for 2 minutes.
- ☐ Add peas, a pinch of salt and enough stock to cover the peas. Raise heat to high and cook until peas are just tender, 3 to 4 minutes.
- ☐ Remove from heat, add basil, lemon juice and lemon zest. Adjust seasoning if needed.
- ☐ Carve and serve ham and peas family-style, passing additional glaze and pan sauce as accompaniments.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:11.38, Inflammation Score:-8, Nutrition Score:56.903478083403%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 2601.25kcal (130.06%), Fat: 171.42g (263.73%), Saturated Fat: 60.3g (376.88%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 24.46g (8.9%), Sugar: 17.38g (19.31%), Cholesterol: 620mg (206.67%), Sodium: 11892.54mg (517.07%), Alcohol: 0.77g (100%), Alcohol %: 0.09% (100%), Protein: 220.44g (440.88%), Vitamin B1: 6.2mg (413.4%), Selenium: 232.28µg (331.83%), Vitamin B3: 46.46mg (232.32%), Phosphorus: 2241.57mg (224.16%), Vitamin B6: 3.94mg (196.79%), Zinc: 24.17mg (161.16%), Vitamin B2: 2.33mg (136.94%), Vitamin B12: 6.43µg (107.16%), Potassium: 3100.97mg (88.6%), Iron: 10.13mg (56.26%), Magnesium: 221.89mg (55.47%), Copper: 1mg (49.98%), Vitamin B5: 4.67mg (46.73%), Vitamin D: 7µg (46.67%), Vitamin C: 29.88mg (36.22%), Vitamin E: 4.18mg

(27.89%), Manganese: 0.5mg (24.96%), Folate: 78.14µg (19.54%), Vitamin K: 19.26µg (18.35%), Fiber: 4.36g (17.43%), Calcium: 104.94mg (10.49%), Vitamin A: 509.69IU (10.19%)