



Blackberry-Mustard Glazed Ham

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apple juice
- 5 pound 3%-less-sodium smoked bone-in fully-cooked
- 13 ounce blackberry preserves
- 7.3 ounce whole-grain dijon mustard

Equipment

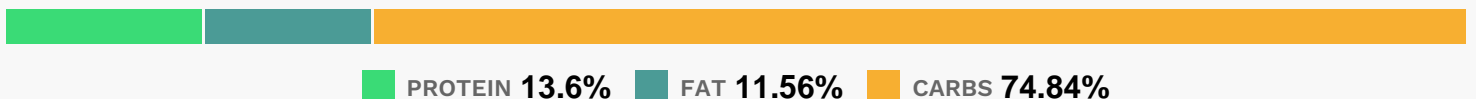
- bowl
- frying pan
- oven

- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 350
- Trim fat and rind from ham. Score outside of ham in a diamond pattern.
- Place ham on a broiler pan coated with cooking spray.
- Combine juice, preserves, and mustard in a medium bowl, stirring until well combined. Set aside half of preserves mixture.
- Bake ham at 350 for 1 1/2 hours or until a thermometer registers 140, basting with half of preserves mixture every 20 minutes.
- Remove ham from oven.
- Place ham on a platter; cover and let stand 15 minutes before slicing.
- Place reserved preserves mixture in a large nonstick skillet over medium-low heat. Cook until reduced to 1 cup (about 15 minutes).
- Serve sauce with ham.
- Wine note: Smoked ham is a wine challenge--the dominance of the smoke usually ends up making wine taste like water. But one part of the world has a lot of experience pairing ham and pork with wine, and that's the Alsace region of France. With a ham dish as complex as this one, opt for one of the most dramatic wines from Alsace: a dry muscat. Domaine Weinbach's Muscat Rserve 2003 (\$35) is one of the best and dramatic enough to match this ham. Its exuberant fruity flavors must be experienced to be believed. -KM

Nutrition Facts



Properties

Glycemic Index:6.39, Glycemic Load:7.19, Inflammation Score:-1, Nutrition Score:2.2243477935376%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 78.54kcal (3.93%), Fat: 1.05g (1.62%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 14.65g (5.33%), Sugar: 9.83g (10.92%), Cholesterol: 0mg (0%), Sodium: 153.99mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin B3: 1.62mg (8.11%), Selenium: 3.89µg (5.56%), Phosphorus: 49.13mg (4.91%), Copper: 0.08mg (4.23%), Potassium: 133.49mg (3.81%), Vitamin B2: 0.06mg (3.29%), Iron: 0.5mg (2.78%), Manganese: 0.06mg (2.76%), Fiber: 0.66g (2.64%), Vitamin C: 1.72mg (2.08%), Vitamin B12: 0.11µg (1.89%), Magnesium: 7.15mg (1.79%), Vitamin B1: 0.02mg (1.59%), Calcium: 15.24mg (1.52%), Zinc: 0.19mg (1.28%), Vitamin B6: 0.02mg (1.16%)