



Brandied Roast of Ham

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



1142 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup brandy
- ☐ 10.5 ounce beef broth undiluted canned
- ☐ 1 rib celery
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 garlic clove sliced
- ☐ 12 pound ham fresh
- ☐ 1 large onion

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

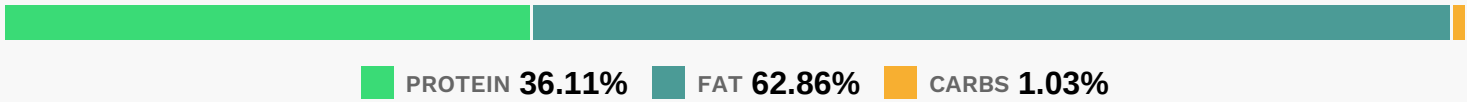
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Make 1/4-inch-deep cuts in ham; rub ham with salt and pepper, and place, fat side up, in a roasting pan. Stud onion with cloves, and place in pan with celery and garlic.
- ☐ Bake at 325 for 3 to 3 1/2 hours or until a meat thermometer inserted into the thickest portion registers 160 (about 20 minutes per pound), basting with wine.
- ☐ Remove ham from pan. Skim fat from drippings.
- ☐ Whisk together drippings, broth, brandy, and flour in a saucepan. Cook over medium heat 5 minutes or until thickened.
- ☐ Serve with ham.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:1.06, Inflammation Score:-4, Nutrition Score:36.512173846526%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 1142.06kcal (57.1%), Fat: 76.15g (117.16%), Saturated Fat: 27.16g (169.75%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.52g (0.91%), Sugar: 0.73g (0.81%), Cholesterol: 281.23mg (93.74%), Sodium: 5575.01mg (242.39%), Alcohol: 3.73g (100%), Alcohol %: 0.91% (100%), Protein: 98.43g (196.86%), Vitamin B1: 2.74mg (182.94%), Selenium: 103.69µg (148.12%), Vitamin B3: 20.54mg (102.71%), Phosphorus: 983.22mg (98.32%), Vitamin B6: 1.76mg (87.76%), Zinc: 10.58mg (70.56%), Vitamin B2: 1.02mg (60.05%), Vitamin B12: 2.92µg (48.67%), Potassium: 1346.9mg (38.48%), Iron: 4.14mg (23.01%), Magnesium: 90.42mg (22.61%), Vitamin D: 3.18µg (21.17%), Vitamin B5: 2.11mg (21.11%), Copper: 0.39mg (19.35%), Vitamin E: 1.64mg (10.92%), Manganese: 0.13mg (6.5%), Folate: 19.02µg (4.75%), Calcium: 39.02mg (3.9%), Vitamin C: 1.01mg (1.22%), Fiber: 0.27g (1.1%)