



Cherries Jubilee-Black Pepper Glazed Ham



Gluten Free



Dairy Free

READY IN



285 min.

SERVINGS



10

CALORIES



1472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup brandy
- ☐ 10 servings cherries fresh
- ☐ 2.3 cups smucker's cherry preserves (2 [12-oz.] jars)
- ☐ 14 oz chicken broth low-sodium canned
- ☐ 0.3 cup apple cider vinegar
- ☐ 3 tablespoons evaporated cane juice
- ☐ 10 lb ham smoked bone-in
- ☐ 1 tablespoon pepper freshly ground

- ☐ 3 tablespoons coarse mustard whole
- ☐ 10 servings coarse mustard whole

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Remove skin from ham, and trim fat to 1/4-inch thickness. Make shallow cuts in fat 1 inch apart in a diamond pattern.
- ☐ Place ham in an aluminum foil-lined roasting pan; add broth to pan.
- ☐ Stir together preserves and next 5 ingredients in a saucepan; bring to a boil over medium-high heat, stirring constantly. Reduce heat to medium-low; simmer, stirring constantly, 5 minutes or until mixture is slightly reduced. Cover and chill half of cherry mixture until ready to serve.
- ☐ Brush ham with half of cherry mixture.
- ☐ Bake ham at 275 on lower oven rack 4 hours to 4 hours and 30 minutes or until a meat thermometer inserted into thickest portion registers 148, basting with remaining cherry mixture every 30 minutes.
- ☐ Let ham stand 15 minutes before slicing.
- ☐ If desired, reheat reserved chilled cherry mixture.
- ☐ Serve ham with reserved cherry mixture and mustard.
- ☐ Garnish, if desired.
- ☐ Note: We tested with Smucker's Cherry Preserves and Smithfield Hardwood Smoked, Ready-to-Cook Ham.

Nutrition Facts



 **PROTEIN 28.47%**  **FAT 48.88%**  **CARBS 22.65%**

Properties

Glycemic Index:22.8, Glycemic Load:32.93, Inflammation Score:-6, Nutrition Score:41.072174020435%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 1472.07kcal (73.6%), Fat: 76.98g (118.43%), Saturated Fat: 27.29g (170.56%), Carbohydrates: 80.28g (26.76%), Net Carbohydrates: 75.94g (27.61%), Sugar: 58.99g (65.54%), Cholesterol: 281.23mg (93.74%), Sodium: 5525.63mg (240.24%), Alcohol: 6.01g (100%), Alcohol %: 1.02% (100%), Protein: 100.87g (201.73%), Vitamin B1: 2.8mg (186.39%), Selenium: 107.76µg (153.94%), Vitamin B3: 21.08mg (105.42%), Phosphorus: 1038.94mg (103.89%), Vitamin B6: 1.82mg (91%), Zinc: 10.78mg (71.9%), Vitamin B2: 1.13mg (66.28%), Potassium: 1729.3mg (49.41%), Vitamin B12: 2.94µg (49.04%), Copper: 0.58mg (28.82%), Iron: 5.14mg (28.54%), Magnesium: 110.92mg (27.73%), Vitamin B5: 2.4mg (24.04%), Vitamin D: 3.18µg (21.17%), Vitamin C: 16.57mg (20.08%), Fiber: 4.34g (17.37%), Manganese: 0.33mg (16.32%), Vitamin E: 1.86mg (12.41%), Calcium: 75.9mg (7.59%), Folate: 28.39µg (7.1%), Vitamin K: 4.06µg (3.87%), Vitamin A: 99.63IU (1.99%)