



Cherry & Port Glazed Ham

 Gluten Free

READY IN



110 min.

SERVINGS



24

CALORIES



477 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 3.5 cups chicken stock see unsalted swanson® (Regular or)
- ☐ 1 tablespoon cornstarch
- ☐ 5 ounces cherries dried (1 cup)
- ☐ 0.1 teaspoon ground allspice
- ☐ 9 pounds unglazed spiral- ham bone-in fully-cooked
- ☐ 1 cup port sweet

☐ 0.3 cup shallots chopped

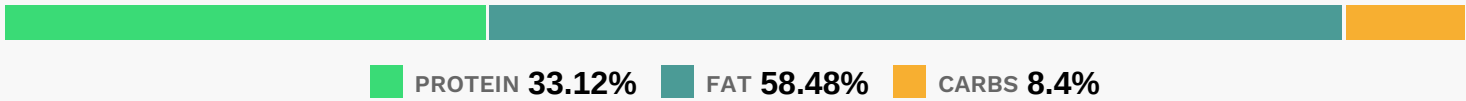
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Stir the cornstarch and stock in a small bowl until the mixture is smooth.
- ☐ Heat the butter in a 12-inch skillet over medium heat.
- ☐ Add the shallots and cook until tender, stirring occasionally. Stir in the allspice and cook for 30 seconds.
- ☐ Increase the heat to medium-high. Stir the wine, cherries and brown sugar in the skillet and heat to a boil. Reduce the heat to low. Cook until the mixture is slightly thickened, stirring occasionally.
- ☐ Stir the cornstarch mixture in the skillet. Cook and stir until the mixture boils and thickens.
- ☐ Place the oven bag into a large roasting pan at least 2 inches deep.
- ☐ Place the ham into the oven bag.
- ☐ Pour the cherry glaze over the ham. Close the oven bag with the nylon tie.
- ☐ Cut 6 (1/2-inch) slits in the top of the oven bag. Tuck the ends of the bag under to seal.
- ☐ Bake at 250°F. for 1 1/2 hours or until the ham is heated through.
- ☐ Remove the ham from the oven bag to a serving platter. Spoon some of the cherry glaze over the ham.
- ☐ Serve the remaining cherry glaze with the ham.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:16.764782536937%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 476.86kcal (23.84%), Fat: 29.9g (45.99%), Saturated Fat: 10.88g (68.03%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 9g (3.27%), Sugar: 6.9g (7.66%), Cholesterol: 109.02mg (36.34%), Sodium: 2079.24mg (90.4%), Alcohol: 1.06g (100%), Alcohol %: 0.59% (100%), Protein: 38.09g (76.19%), Vitamin B1: 1.04mg (69.14%), Selenium: 39.5µg (56.43%), Vitamin B3: 8.17mg (40.87%), Phosphorus: 378.19mg (37.82%), Vitamin B6: 0.69mg (34.3%), Zinc: 4.02mg (26.83%), Vitamin B2: 0.41mg (24.11%), Vitamin B12: 1.09µg (18.18%), Potassium: 551.37mg (15.75%), Iron: 1.76mg (9.77%), Magnesium: 35.93mg (8.98%), Copper: 0.17mg (8.29%), Vitamin B5: 0.8mg (7.95%), Vitamin D: 1.19µg (7.94%), Vitamin A: 240.26IU (4.81%), Vitamin E: 0.65mg (4.34%), Fiber: 0.67g (2.66%), Manganese: 0.05mg (2.45%), Calcium: 23.18mg (2.32%), Folate: 8.14µg (2.03%)