



Coffee-Glazed Ham with Red Eye Gravy

 Gluten Free

READY IN



160 min.

SERVINGS



12

CALORIES



892 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups firmly brown sugar light packed
- ☐ 2 cups freshly coffee brewed
- ☐ 8 lb ham half smoked bone-in fully cooked
- ☐ 0.3 cup heavy whipping cream
- ☐ 12 servings garnishes: herbs fresh

Equipment

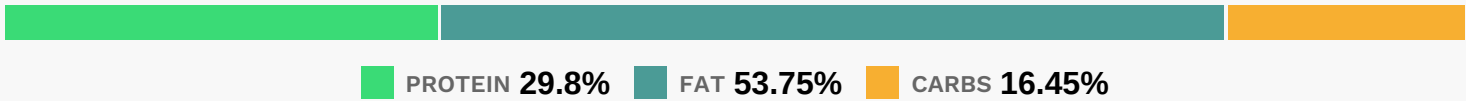
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ kitchen thermometer
- ☐ measuring cup
- ☐ broiler pan

Directions

- ☐ Remove skin from ham, if present, and trim fat to 1/4" thickness.
- ☐ Place ham in a lightly greased broiler pan.
- ☐ Combine sugar and hot coffee in a medium bowl, stirring until sugar dissolves; pour over ham.
- ☐ Bake at 350 for 2 1/2 hours or until a meat thermometer inserted into thickest portion registers 140, basting every 20 minutes.
- ☐ Transfer ham from pan to a serving platter. Cover and keep warm.
- ☐ Pour drippings into a 4-cup glass measuring cup; let stand 10 minutes.
- ☐ Pour off and discard fat; stir cream into remaining drippings.
- ☐ Serve gravy with ham.
- ☐ Garnish platter, if desired.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:28.2199999939203%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:
0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 891.87kcal (44.59%), Fat: 52.52g (80.8%), Saturated Fat: 19.23g (120.16%), Carbohydrates: 36.16g
(12.05%), Net Carbohydrates: 36.13g (13.14%), Sugar: 35.72g (39.69%), Cholesterol: 193.09mg (64.36%), Sodium:
3601.9mg (156.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.8mg (5.27%), Protein: 65.52g (131.04%),

Vitamin B1: 1.82mg (121.64%), Selenium: 69.24µg (98.91%), Vitamin B3: 13.63mg (68.13%), Phosphorus: 653.77mg (65.38%), Vitamin B6: 1.17mg (58.47%), Zinc: 7.06mg (47.08%), Vitamin B2: 0.71mg (41.71%), Vitamin B12: 1.94µg (32.39%), Potassium: 943.58mg (26.96%), Iron: 2.96mg (16.46%), Magnesium: 63.57mg (15.89%), Vitamin B5: 1.55mg (15.47%), Vitamin D: 2.2µg (14.64%), Copper: 0.28mg (13.86%), Vitamin K: 8.5µg (8.09%), Vitamin E: 1.15mg (7.69%), Calcium: 59.2mg (5.92%), Manganese: 0.1mg (4.89%), Vitamin A: 178.39IU (3.57%), Folate: 11.79µg (2.95%)