



Country Ham

 Dairy Free

READY IN



300 min.

SERVINGS



40

CALORIES



344 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 40 servings biscuits hot
- ☐ 2 quarts cider vinegar
- ☐ 12 pound country ham uncooked

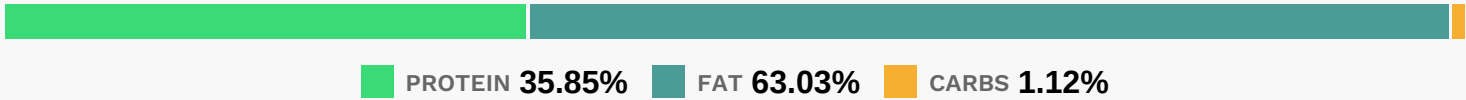
Equipment

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

Directions

- ☐ Place ham in a large container.
- ☐ Add water to cover, and soak 24 hours.
- ☐ Drain. Scrub ham 3 to 4 times in cold water with a stiff brush, and rinse well.
- ☐ Place ham, fat side up, in a large roasting pan.
- ☐ Pour vinegar over ham; sprinkle with cloves. Cover with lid or aluminum foil.
- ☐ Bake at 325 for 4 hours or until meat thermometer registers 14
- ☐ Remove from oven, and cool slightly. Slice ham, and serve with hot biscuits.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:12.923913114583%

Nutrients (% of daily need)

Calories: 344.26kcal (17.21%), Fat: 22.99g (35.36%), Saturated Fat: 8.16g (51.01%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.22g (0.25%), Cholesterol: 84.38mg (28.13%), Sodium: 1627.03mg (70.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.83%), Vitamin B1: 0.82mg (54.81%), Selenium: 31.13µg (44.46%), Vitamin B3: 6.1mg (30.52%), Phosphorus: 299.29mg (29.93%), Vitamin B6: 0.52mg (25.88%), Zinc: 3.18mg (21.2%), Vitamin B2: 0.3mg (17.86%), Vitamin B12: 0.87µg (14.54%), Potassium: 425.96mg (12.17%), Iron: 1.31mg (7.29%), Magnesium: 28.39mg (7.1%), Manganese: 0.14mg (7.04%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.62mg (6.25%), Copper: 0.12mg (5.88%), Vitamin E: 0.5mg (3.35%), Calcium: 13.33mg (1.33%), Folate: 4.78µg (1.2%)