



Country Ham and Red-Eyed Gravy



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



598 kcal

SAUCE

Ingredients

- ☐ 1 beef bouillon cubes
- ☐ 2 tablespoons butter
- ☐ 0.3 cup hot-brewed coffee
- ☐ 3 pound country ham store bought sliced
- ☐ 2 tablespoons fat from the ham
- ☐ 0.3 cup water

Equipment

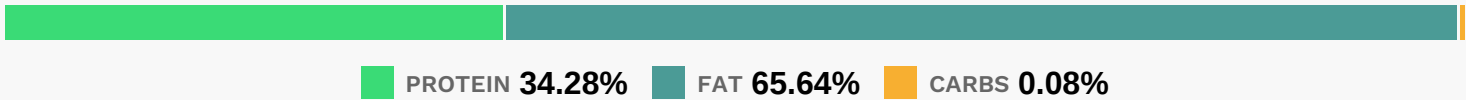
- ☐ frying pan

☐ wooden spoon

Directions

- ☐ Heat a skillet over medium-high heat.
- ☐ Add the fat from the ham and render. When the fat is rendered, add the ham steaks and pan-fry until golden brown on both sides.
- ☐ Remove the ham from the pan and set aside on a plate and keep warm. To the pan, add the coffee and water and stir with a wooden spoon, scraping up any browned bits from the bottom of the pan.
- ☐ Add the butter and the bouillon cube and stir to incorporate.
- ☐ Serve the gravy over the ham steaks on grits.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:21.461739413116%

Nutrients (% of daily need)

Calories: 597.78kcal (29.89%), Fat: 42.67g (65.65%), Saturated Fat: 16.27g (101.68%), Carbohydrates: 0.11g (0.04%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.1g (0.11%), Cholesterol: 153.73mg (51.24%), Sodium: 2941.27mg (127.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.95mg (1.32%), Protein: 50.15g (100.3%), Vitamin B1: 1.4mg (93.04%), Selenium: 52.83µg (75.47%), Vitamin B3: 10.38mg (51.9%), Phosphorus: 498.81mg (49.88%), Vitamin B6: 0.88mg (44.11%), Zinc: 5.38mg (35.9%), Vitamin B2: 0.52mg (30.75%), Vitamin B12: 1.5µg (24.96%), Potassium: 671.38mg (19.18%), Iron: 2.03mg (11.29%), Magnesium: 44.85mg (11.21%), Vitamin B5: 1.09mg (10.91%), Vitamin D: 1.62µg (10.81%), Copper: 0.19mg (9.71%), Vitamin E: 0.94mg (6.29%), Vitamin A: 116.63IU (2.33%), Folate: 7.5µg (1.88%), Manganese: 0.04mg (1.86%), Calcium: 18.23mg (1.82%)