



Country Ham with Redeye Gravy



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 24 ounce country ham boneless
- ☐ 2 cups strong coffee decoction hot brewed

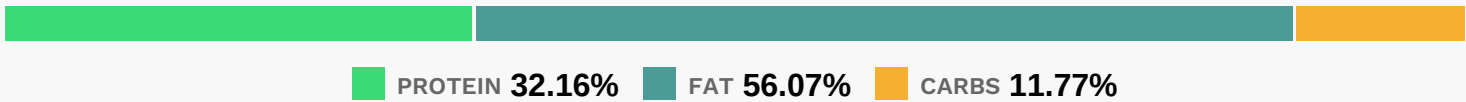
Equipment

- ☐ frying pan

Directions

- ☐ Stir together coffee and sugar; let mixture cool.
- ☐ Cook ham in a large cast-iron skillet over medium heat 5 to 7 minutes on each side or until browned.
- ☐ Remove ham, and keep warm, reserving drippings in skillet.
- ☐ Add coffee mixture to skillet, stirring to loosen particles from bottom; bring to a boil. Boil, stirring occasionally, until reduced by half (about 15 minutes).
- ☐ Serve immediately with ham.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:10.946521783005%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Myricetin: 0.04mg,
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:
0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 311.18kcal (15.56%), Fat: 19.03g (29.28%), Saturated Fat: 6.78g (42.39%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 8.99g (3.27%), Sugar: 8.89g (9.88%), Cholesterol: 70.31mg (23.44%), Sodium: 1350.18mg (58.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 31.6mg (10.53%), Protein: 24.57g (49.13%), Vitamin B1: 0.69mg (46.17%), Selenium: 25.85µg (36.93%), Vitamin B3: 5.22mg (26.1%), Phosphorus: 245.41mg (24.54%), Vitamin B6: 0.44mg (21.77%), Vitamin B2: 0.31mg (18.27%), Zinc: 2.65mg (17.66%), Vitamin B12: 0.73µg (12.1%), Potassium: 375.22mg (10.72%), Vitamin B5: 0.73mg (7.31%), Magnesium: 24.74mg (6.19%), Iron: 1.06mg (5.89%), Vitamin D: 0.79µg (5.29%), Copper: 0.1mg (5%), Vitamin E: 0.42mg (2.77%), Manganese: 0.04mg (2%), Calcium: 17.13mg (1.71%), Folate: 5.07µg (1.27%)