



Cracklin'-Fresh Picnic Ham with Apple-Cranberry-Pomegranate Salsa



Gluten Free



Dairy Free

READY IN



860 min.

SERVINGS



10

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings apples
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.5 cup kosher salt
- ☐ 11.7 lb boston butt pork shoulder fresh bone-in (picnic ham)
- ☐ 1 box blade steak

Equipment

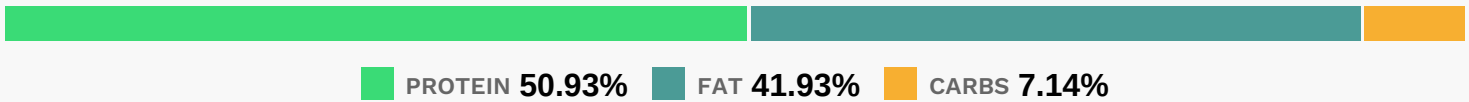
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ kitchen thermometer

Directions

- ☐ Make 1/4-inch-deep cuts 1/4 inch apart in skin of ham with a clean box cutter. (The sharp blades cut through the skin with ease and make straight edges.) Stir together salt and pepper; rub over ham, working into cuts in skin.
- ☐ Place ham in a very large bowl, and cover with plastic wrap. Chill 2 days.
- ☐ Remove ham from bowl.
- ☐ Brush salt from ham, and discard.
- ☐ Place ham, fat side up, on a wire rack in a jelly-roll pan, and chill, uncovered, 8 to 10 hours to air-dry.
- ☐ Let ham stand at room temperature 1 hour.
- ☐ Preheat oven to 42
- ☐ Bake ham on lower oven rack 45 minutes. Reduce oven temperature to 325, and bake 2 hours and 30 minutes. Increase oven temperature to 425, and bake 30 to 35 minutes or until skin is crisp and a meat thermometer inserted into thickest portion registers 17
- ☐ Let stand 30 minutes before slicing.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:2.33, Inflammation Score:-4, Nutrition Score:31.68826093881%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 511.39kcal (25.57%), Fat: 23.17g (35.65%), Saturated Fat: 8g (49.99%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 7.28g (2.65%), Sugar: 6.5g (7.23%), Cholesterol: 216.35mg (72.12%), Sodium: 5904.79mg (256.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.33g (126.67%), Vitamin B1: 2.86mg (190.99%), Selenium: 95.29µg (136.12%), Vitamin B3: 13.87mg (69.33%), Vitamin B6: 1.37mg (68.34%), Zinc: 10.19mg (67.92%), Phosphorus: 659.79mg (65.98%), Vitamin B2: 1.03mg (60.64%), Vitamin B12: 2.72µg (45.27%), Potassium: 1174.48mg (33.56%), Vitamin B5: 2.7mg (26.98%), Iron: 4.1mg (22.79%), Magnesium: 71.76mg (17.94%), Copper: 0.34mg (16.99%), Vitamin C: 5.46mg (6.62%), Fiber: 1.6g (6.4%), Manganese: 0.13mg (6.31%), Calcium: 54.23mg (5.42%), Folate: 18.09µg (4.52%), Vitamin K: 2.03µg (1.93%), Vitamin A: 55.31IU (1.11%)