



Double Mustard and Herb Crusted Ham

 Dairy Free

READY IN



220 min.

SERVINGS



10

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pound shank serving smoked bone-in fully-cooked
- ☐ 0.5 cup dijon mustard
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 0.3 cup honey
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup panko breadcrumbs
- ☐ 0.5 cup grain mustard whole

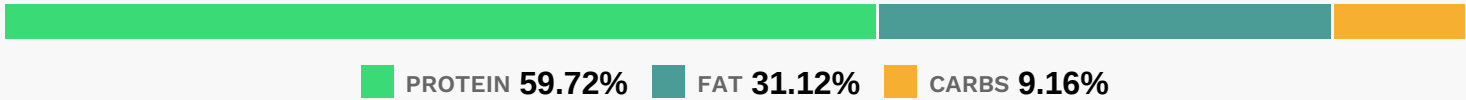
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Let the ham sit at room temperature 30 minutes. Preheat the oven to 325 degrees F. Trim off any skin from the ham if needed. Score the ham through the fat in a diagonal crosshatch pattern without cutting into the meat.
- ☐ Place the ham, flat-side down, on a rack in a roasting pan.
- ☐ Pour 1/4 inch of water into the bottom of the pan. Roast the ham until it reaches an internal temperature of about 130 degrees F, about 2 1/2 hours or 15 minutes per pound.
- ☐ Meanwhile, mix the mustards and honey together in a small bowl.
- ☐ Mix together the breadcrumbs, parsley, thyme and olive oil together in another bowl.
- ☐ Remove the ham from the oven when it has reached 130 degrees F internally. Increase the oven temperature to 425 degrees F. Spoon or brush the mustard mixture all over the ham. Carefully pat the crumbs all over the ham.
- ☐ Add water as needed to the bottom of the pan. Return the ham to the oven and roast until the breadcrumbs are golden brown, about 25 minutes more.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:3.8, Inflammation Score:-9, Nutrition Score:34.506956421811%

Flavonoids

Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

Nutrients (% of daily need)

Calories: 489.56kcal (24.48%), Fat: 16.46g (25.33%), Saturated Fat: 4.34g (27.13%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 9.43g (3.43%), Sugar: 7.51g (8.34%), Cholesterol: 272.16mg (90.72%), Sodium: 602.03mg (26.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.1g (142.19%), Vitamin B3: 27.46mg (137.29%), Zinc: 14.74mg (98.28%), Vitamin B12: 4.95µg (82.43%), Vitamin B6: 1.61mg (80.74%), Phosphorus: 727.62mg (72.76%), Vitamin B2: 1.01mg (59.55%), Selenium: 37.96µg (54.23%), Vitamin B5: 4.79mg (47.93%), Potassium: 1203.93mg (34.4%), Vitamin K: 26.86µg (25.58%), Vitamin B1: 0.36mg (24.31%), Magnesium: 92.61mg (23.15%), Iron: 3.69mg (20.48%), Folate: 62.46µg (15.62%), Copper: 0.31mg (15.38%), Calcium: 102.03mg (10.2%), Manganese: 0.2mg (9.87%), Fiber: 1.47g (5.87%), Vitamin C: 4.38mg (5.31%), Vitamin A: 210.55IU (4.21%), Vitamin E: 0.5mg (3.36%)