



Dromskinka (Dream Ham)

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 teaspoon curry powder
- 12 slices ham (1/)
- 0.8 cup heavy cream
- 1 cup port wine
- 0.3 cup tomato purée

Equipment

- bowl

- oven
- baking pan

Directions

- Place the ham slices in a shallow baking dish, and pour port wine over them. Marinate overnight in the refrigerator.
- Preheat the oven to 425 degrees F (220 degrees C).
- Pour off the port wine from the ham into a medium bowl.
- Roll up each slice of ham lengthwise, and place side by side in the baking dish.
- Mix the cream, curry powder, and tomato puree into the port wine.
- Pour over the ham, making sure to get all of the slices covered. Dot the top with small pieces of butter.
- Bake uncovered for 45 minutes in the preheated oven, or until the ham begins to brown on top.

Nutrition Facts

PROTEIN 18.8% **FAT 70.55%** **CARBS 10.65%**

Properties

Glycemic Index:11, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:9.123913117077%

Flavonoids

Petunidin: 3.18mg, Petunidin: 3.18mg, Petunidin: 3.18mg, Petunidin: 3.18mg Delphinidin: 1.87mg, Delphinidin: 1.87mg, Delphinidin: 1.87mg, Delphinidin: 1.87mg Malvidin: 45.52mg, Malvidin: 45.52mg, Malvidin: 45.52mg, Malvidin: 45.52mg Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 387.83kcal (19.39%), Fat: 26.51g (40.79%), Saturated Fat: 13.68g (85.51%), Carbohydrates: 9g (3%), Net Carbohydrates: 8.62g (3.13%), Sugar: 5.42g (6.02%), Cholesterol: 88.03mg (29.34%), Sodium: 833.5mg (36.24%), Alcohol: 7.34g (100%), Alcohol %: 5.57% (100%), Protein: 15.9g (31.79%), Vitamin B1: 0.42mg (28.27%), Selenium: 16.75µg (23.93%), Phosphorus: 176.14mg (17.61%), Vitamin B3: 3.33mg (16.65%), Vitamin B6: 0.29mg (14.45%), Vitamin B2: 0.24mg (13.93%), Vitamin A: 665.52IU (13.31%), Zinc: 1.74mg (11.63%), Potassium: 334.62mg (9.56%),

Vitamin B12: 0.49µg (8.2%), Vitamin D: 1.04µg (6.94%), Vitamin E: 0.98mg (6.54%), Copper: 0.12mg (6.11%), Iron: 1.09mg (6.04%), Magnesium: 23.67mg (5.92%), Manganese: 0.11mg (5.31%), Vitamin B5: 0.47mg (4.74%), Calcium: 37.05mg (3.7%), Vitamin K: 2.18µg (2.08%), Vitamin C: 1.65mg (2%), Fiber: 0.38g (1.53%), Folate: 5.59µg (1.4%)