



Fresh Ham with Cloves and Grilled Pineapple



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tablespoons rosemary fresh chopped



2 tablespoons sage fresh chopped



0.3 cup olive oil



1 tablespoon pepper freshly ground



1 pineapple fresh cored peeled sliced into rings



7 pound pork leg half fresh bone-in (ham)



1 tablespoon sea salt

Equipment

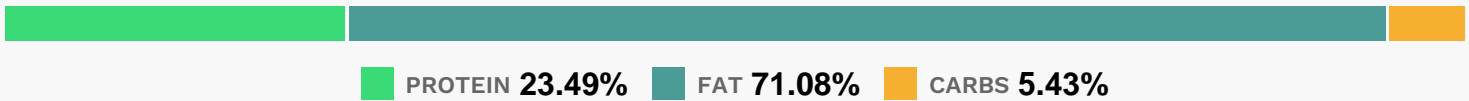
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Preheat oven to 35
- ☐ Slice away tough outer skin from ham. Carefully score fat in a diamond pattern: Slice through fat, being careful not to cut through meat, with a sharp knife on a diagonal going from front to back and then across from side to side.
- ☐ Combine rosemary and next 4 ingredients in a small bowl; mix thoroughly to make a liquid paste. Rub mixture over the outside of ham, including slits and crevices; stick whole cloves in the center of the diamonds.
- ☐ Place ham, cut side down, in oven bag in large roasting pan. Roast at 350 for 2 hours. Carefully cut bag at the top for steam to escape; roll bag down around the bottom of the ham so ham will brown. Roast 35 more minutes or until the internal temperature reaches 150 to 15
- ☐ Remove ham, and let rest, loosely tented with foil, at least 30 minutes before slicing. The ham will continue to cook another 5 to 1
- ☐ Heat a grill pan over medium heat while ham rests. Cook pineapple slices, 4 to 5 at a time, for 2 minutes on each side or until grill marks appear and sugars in the pineapple caramelize. Arrange pineapple slices around platter with the ham, and serve together.
- ☐ Slice away tough outer skin from ham. Carefully score fat in a diamond pattern: Slice through fat, being careful not to cut through meat, with a sharp knife on a diagonal going from front to back and then across from side to side.
- ☐ Place ham in brine mixture, and store, covered, in a large plastic bucket or container in refrigerator 24 hours.
- ☐ Preheat oven to 35
- ☐ Remove ham from liquid brine, rinse with cold water, and pat dry.

- ☐
- Place ham, cut side down, in a large roasting pan. Roast at 350 for 2 hours 30 minutes or until the internal temperature reaches 150 to 155 and skin is golden brown and crispy, basting with pan liquids every 30 to 40 minutes.
- ☐
- Remove ham from oven, and let rest, loosely tented with foil, at least 30 minutes before slicing. The ham will continue to cook another 5 to 1
- ☐
- Heat a grill pan over medium heat while ham rests. Cook pineapple slices, 4 to 5 at a time, for 2 minutes on each side or until grill marks appear and sugars in the pineapple caramelize. Arrange pineapple slices around platter with the ham, and serve together.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:5.24, Inflammation Score:-4, Nutrition Score:32.873043392016%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 776.52kcal (38.83%), Fat: 60.74g (93.45%), Saturated Fat: 21.5g (134.35%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 9.14g (3.32%), Sugar: 7.43g (8.26%), Cholesterol: 190.51mg (63.5%), Sodium: 730.62mg (31.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.18g (90.35%), Copper: 3.24mg (162.07%), Vitamin B1: 2mg (133.34%), Selenium: 65.19µg (93.13%), Vitamin B3: 11.86mg (59.32%), Vitamin B6: 1.1mg (55.02%), Phosphorus: 470.46mg (47.05%), Vitamin C: 37.97mg (46.03%), Manganese: 0.89mg (44.68%), Zinc: 5.94mg (39.61%), Vitamin B2: 0.65mg (38.15%), Vitamin B12: 1.85µg (30.87%), Potassium: 854.89mg (24.43%), Vitamin B5: 1.94mg (19.38%), Magnesium: 62.2mg (15.55%), Iron: 2.76mg (15.33%), Folate: 27.25µg (6.81%), Calcium: 57.08mg (5.71%), Fiber: 1.3g (5.2%), Vitamin E: 0.67mg (4.46%), Vitamin K: 4.06µg (3.86%), Vitamin A: 74.75IU (1.49%)