



 **53%**  
HEALTH SCORE

## Fresh Ham with Tuscan Bread Stuffing

READY IN



480 min.

SERVINGS



10

CALORIES



1224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups baby spinach leaves
- 1 small loaf day-old tuscan bread
- 2 carrots
- 2 stalks celery
- 3 tablespoons basil leaves fresh chopped
- 3 tablespoons parsley leaves fresh chopped
- 1 handful sage leaves fresh
- 4 sprigs thyme leaves fresh leaves picked chopped
- 4 cloves garlic minced

- 0.5 cup golden raisins
- 8 pound ham fresh bone in
- 0.5 juice of lemon juiced
- 10 servings kosher salt and pepper black freshly ground
- 2 cups milk
- 0.8 cup olive oil
- 0.5 cup olives mixed pitted chopped
- 1 onion
- 0.5 cup parmesan freshly grated
- 0.3 cup pinenuts toasted

## Equipment

- bowl
- frying pan
- oven
- knife
- mixing bowl
- pot
- baking pan
- roasting pan
- aluminum foil
- cutting board
- kitchen twine

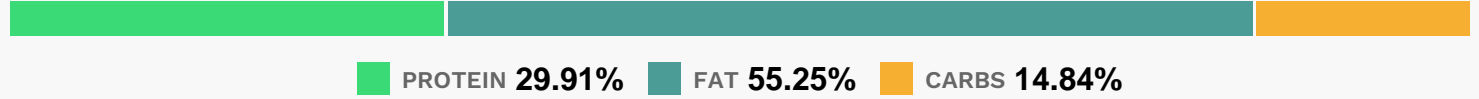
## Directions

- Watch how to make this recipe.
- Place the ham on a large cutting board.
- Remove the bone, and butterfly the meat; reserve the bone. (Alternatively have your butcher do this.)

- Make the ham broth.
- Put the ham bone into a large stockpot.
- Add the carrots, onion, celery and sage. Cover with water and bring to a simmer over medium heat. Simmer the ham broth, uncovered. Skim frequently and cook until the broth has reduced to 2 quarts, about 2 hours. Strain the broth and measure out 1 quart and set it aside. Freeze or refrigerate the remaining broth for another purpose.
- Meanwhile, prepare the ham and stuffing. In a medium bowl, soak the bread in the milk until it is soft, about 15 minutes. Squeeze the bread and put it in a large mixing bowl.
- Add the pine nuts, raisins, olives, garlic, spinach, Parmesan and mix.
- Lay the ham fat-side up. Using a sharp knife, score the fat in a diamond pattern, making each slash about 2-inches apart and 1/4-inch deep. Season the meat generously with salt and pepper.
- Combine the basil, thyme and parsley leaves in a bowl.
- Add the lemon juice and enough of olive oil to form a paste, about 1/2 cup. Rub the herb paste all over the ham.
- Preheat the oven to 350 degrees F.
- Lay the ham fat-side down.
- Place several cups of the bread stuffing in the center of the ham.
- Roll the ham into a log taking care that the stuffing is evenly distributed. (Remaining stuffing can be cooked in a baking dish for 40 minutes before serving.) Tie the rolled ham with kitchen string at 3-inch intervals.
- Heat 1/4 cup of olive oil over medium heat in a roasting pan just large enough to accommodate the ham.
- Add the ham roll and brown it on all sides, about 20 minutes.
- Remove the ham and place a rack in the pan (or fabricate 1 from aluminum foil).
- Place the ham on the rack.
- Pour half of the stock into the pan.
- Place the roasting pan in the oven and let the ham cook for 4 hours, basting every 30 minutes or so with the pan juices.
- Add more stock if the pan seems dry. When the ham is tender remove it from the oven and transfer to a cutting board. Tent the ham with aluminum foil and allow it to rest for at least 30 minutes.

- Remove the string and slice the ham about 2 inches thick.
- Serve with additional stuffing and polenta.
- Serving suggestion: polenta.

## Nutrition Facts



### Properties

Glycemic Index:52.72, Glycemic Load:22.2, Inflammation Score:-10, Nutrition Score:52.282608654188%

### Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.84mg, Apigenin: 2.84mg, Apigenin: 2.84mg, Apigenin: 2.84mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

### Nutrients (% of daily need)

Calories: 1224.31kcal (61.22%), Fat: 74.33g (114.36%), Saturated Fat: 24.77g (154.8%), Carbohydrates: 44.93g (14.98%), Net Carbohydrates: 40.51g (14.73%), Sugar: 12.01g (13.35%), Cholesterol: 234.24mg (78.08%), Sodium: 4854.94mg (211.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 90.54g (181.08%), Copper: 3.6mg (180.23%), Vitamin B1: 2.53mg (168.99%), Selenium: 104.49µg (149.27%), Vitamin B3: 20.59mg (102.96%), Phosphorus: 999.01mg (99.9%), Vitamin B6: 1.59mg (79.27%), Manganese: 1.53mg (76.3%), Zinc: 9.93mg (66.2%), Vitamin B2: 1.11mg (65.54%), Vitamin K: 63.62µg (60.59%), Vitamin A: 2936.68IU (58.73%), Vitamin B12: 2.65µg (44.1%), Potassium: 1427.56mg (40.79%), Iron: 6.62mg (36.79%), Magnesium: 131.55mg (32.89%), Calcium: 267.12mg (26.71%), Vitamin B5: 2.54mg (25.35%), Folate: 92.68µg (23.17%), Vitamin D: 3.1µg (20.68%), Vitamin E: 2.87mg (19.12%), Fiber: 4.42g (17.68%), Vitamin C: 7.17mg (8.69%)