



Fried Country Ham With Red-Eye Gravy



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 teaspoon add carrot and onion to bacon fat . cook



3 pound country ham



1 cup water

Equipment



frying pan

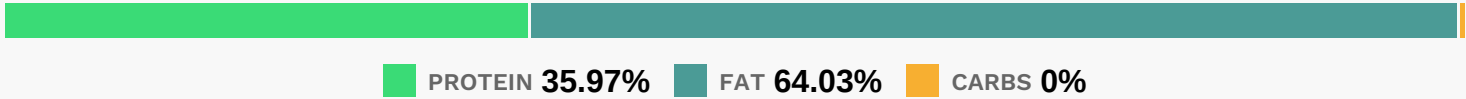


paper towels

Directions

- ☐ Slice ham in half crosswise. Set aside
- ☐ Heat bacon drippings in a cast-iron skillet over medium heat.
- ☐ Place half of ham slices in skillet, and cook over medium heat until browned, turning occasionally.
- ☐ Drain well on paper towels.
- ☐ Place ham slices on a large serving platter; keep warm. Repeat procedure with remaining ham.
- ☐ Reserve pan drippings in skillet.
- ☐ Add water to drippings in skillet. Bring to a boil; remove from heat.
- ☐ Serve red-eye gravy with fried country ham.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:20.740000211674%

Nutrients (% of daily need)

Calories: 557.09kcal (27.85%), Fat: 38.7g (59.53%), Saturated Fat: 13.82g (86.39%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 141.25mg (47.08%), Sodium: 2695.04mg (117.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.92g (97.84%), Vitamin B1: 1.36mg (90.87%), Selenium: 51.48µg (73.55%), Vitamin B3: 10.12mg (50.59%), Phosphorus: 485.34mg (48.53%), Vitamin B6: 0.86mg (43.09%), Zinc: 5.27mg (35.11%), Vitamin B2: 0.5mg (29.48%), Vitamin B12: 1.45µg (24.19%), Potassium: 648.64mg (18.53%), Iron: 1.97mg (10.96%), Magnesium: 43.49mg (10.87%), Vitamin D: 1.6µg (10.69%), Vitamin B5: 1.04mg (10.36%), Copper: 0.19mg (9.73%), Vitamin E: 0.82mg (5.47%), Calcium: 17.06mg (1.71%), Folate: 6.8µg (1.7%), Manganese: 0.03mg (1.59%)