



Glazed Ham with Coriander and Fennel



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apricot preserves
- ☐ 1 teaspoon peppercorns black
- ☐ 2 tablespoons coriander seeds
- ☐ 2 tablespoons fennel seeds
- ☐ 7 pound ham bone-in fully cooked preferably the shank end

Equipment

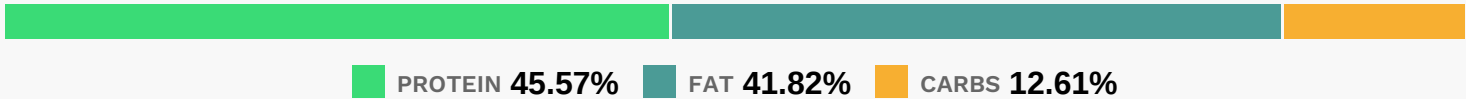
- ☐ bowl
- ☐ oven

- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375 F.
- ☐ Place the ham, cut-side down, on a rack set in a roasting pan. Cover with foil and bake for 40 minutes. Meanwhile, using a heavy pan, crush the fennel, coriander, and peppercorns. In a small bowl, combine them with the preserves to form a glaze.
- ☐ Brush 1/4 cup of the glaze over the ham and bake, uncovered, for 20 minutes.
- ☐ Brush another 1/4 cup of the glaze over the ham and bake until the ham is heated through, 15 to 20 minutes. Thinly slice and serve with the remaining 1/2 cup of the glaze. Make-Ahead Tip: Prepare the apricot glaze, cover, and refrigerate for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:39.551738911349%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 673.22kcal (33.66%), Fat: 30.77g (47.33%), Saturated Fat: 6.78g (42.38%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 19.52g (7.1%), Sugar: 12.84g (14.26%), Cholesterol: 289.73mg (96.58%), Sodium: 4597.81mg (199.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.43g (150.86%), Vitamin B1: 2.11mg (140.88%), Phosphorus: 1173.1mg (117.31%), Vitamin C: 95.66mg (115.95%), Selenium: 79.53µg (113.62%), Vitamin B12: 5.6µg (93.27%), Vitamin B3: 14.24mg (71.18%), Zinc: 8.99mg (59.93%), Vitamin B2: 0.96mg (56.53%), Vitamin B6: 1.03mg (51.53%), Vitamin B5: 3.48mg (34.78%), Potassium: 1186.6mg (33.9%), Copper: 0.52mg (25.88%), Magnesium: 95.37mg (23.84%), Iron: 4.05mg (22.52%), Manganese: 0.39mg (19.51%), Calcium: 58.97mg (5.9%), Fiber: 1.35g (5.39%), Folate: 12.3µg (3.07%), Vitamin A: 65.66IU (1.31%)