



GREY POUPON-Glazed Ham with Pear Compote

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



50

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp heinz apple cider vinegar
- 1 tsp cornstarch
- 0.3 cup currants dried
- 2 green onions sliced
- 0.5 tsp ground cloves
- 4 lb spiral-cut ham smoked boneless fully cooked
- 0.5 cup grey poupon savory honey mustard

- 0.5 cup pancake syrup
- 32 oz pear in juice undrained canned
- 0.3 cup pasilla peppers red chopped

Equipment

- sauce pan
- oven
- roasting pan
- aluminum foil

Directions

- Preheat oven to 325F.
- Mix mustard, syrup and cloves; set aside.
- Drain pears, reserving 2 Tbsp. of the juice. Finely chop pears; set aside.
- Pour reserved 2 Tbsp. pear juice into medium saucepan. Stir in peppers, onions and currants; cook on medium heat until vegetables are crisp-tender, stirring frequently.
- Add 1/3 cup of the mustard mixture and the chopped pears; cook 10 min., stirring occasionally.
- Mix cornstarch and vinegar.
- Add to pear mixture; mix well. Cook 2 to 3 min. or until mixture comes to boil and thickens, stirring constantly. Cover and refrigerate until ready to use.
- Place ham in shallow roasting pan; cover with foil.
- Bake 1 to 1-1/2 hours or until ham is heated through (140F), uncovering and brushing with the remaining mustard mixture after 45 min. Slice ham.
- Serve topped with the pear chutney.

Nutrition Facts

 **PROTEIN 28.23%**  **FAT 49.57%**  **CARBS 22.2%**

Properties

Glycemic Index:2.58, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:4.1343478301297%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 113.06kcal (5.65%), Fat: 6.14g (9.45%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 6.1g (2.22%), Sugar: 2.32g (2.58%), Cholesterol: 22.62mg (7.54%), Sodium: 448.22mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.74%), Vitamin B1: 0.22mg (14.82%), Selenium: 8.34µg (11.92%), Vitamin C: 7.53mg (9.13%), Vitamin B3: 1.7mg (8.49%), Phosphorus: 81.35mg (8.13%), Vitamin B6: 0.15mg (7.26%), Zinc: 0.87mg (5.77%), Vitamin B2: 0.09mg (5.19%), Potassium: 136.91mg (3.91%), Vitamin B12: 0.23µg (3.87%), Copper: 0.05mg (2.57%), Magnesium: 8.95mg (2.24%), Iron: 0.35mg (1.93%), Vitamin B5: 0.17mg (1.71%), Vitamin D: 0.25µg (1.69%), Vitamin K: 1.71µg (1.63%), Manganese: 0.03mg (1.32%), Vitamin E: 0.17mg (1.12%)