



Ham Broth (and How to Cook a Smoked and Cured Picnic Ham)

 **Gluten Free**  **Very Healthy**

READY IN



200 min.

SERVINGS



4

CALORIES



1704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 teaspoon peppercorns black
- 2 carrots coarsely chopped
- 2 stalks celery coarsely chopped
- 2 cloves garlic smashed
- 6 pounds cured and picnic ham smoked bone in
- 1 onion coarsely chopped

- 2 inch parmesan cheese rind
- 6 sprigs parsley
- 1 sprig thyme leaves
- 4 servings water

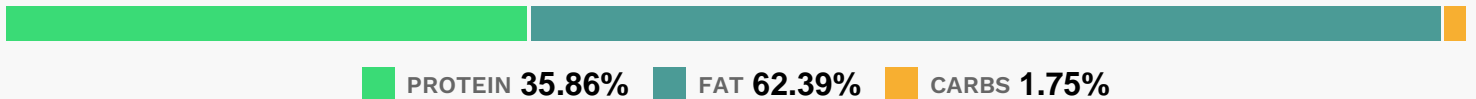
Equipment

- pot

Directions

- Place everything in a large stock pot, cover with water, bring to a boil, reduce the heat and simmer for 1 hour.
- Remove the ham from the broth, set aside, strain the solids from the broth and discard. For the ham, with crackling: Pat the ham dry, score the skin crosswise, rub salt into the skin and roast, skin side up, in a preheated 325F until it reaches an internal temperature of 135F, about 1-2 hours. Turn the temperature up to 450F and roast until the skin gets all nice and crispy and the ham reaches an internal temperature of 145F, about 15-30 minutes.
- Let rest for 15 minutes, slice and serve.

Nutrition Facts



Properties

Glycemic Index:67.96, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:52.430434662363%

Flavonoids

Apigenin: 3.81mg, Apigenin: 3.81mg, Apigenin: 3.81mg, Apigenin: 3.81mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 1704.4kcal (85.22%), Fat: 115.61g (177.86%), Saturated Fat: 41.58g (259.85%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 5.38g (1.96%), Sugar: 2.95g (3.28%), Cholesterol: 425.34mg (141.78%), Sodium:

8209.93mg (356.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 149.54g (299.08%), Vitamin B1: 4.13mg (275.54%), Selenium: 156.1µg (223%), Vitamin B3: 30.8mg (154.02%), Phosphorus: 1519.58mg (151.96%), Vitamin B6: 2.7mg (135.17%), Zinc: 16.14mg (107.62%), Vitamin A: 5370.37IU (107.41%), Vitamin B2: 1.56mg (91.93%), Vitamin B12: 4.42µg (73.6%), Potassium: 2163.82mg (61.82%), Magnesium: 145.04mg (36.26%), Iron: 6.39mg (35.49%), Vitamin K: 35.61µg (33.91%), Vitamin B5: 3.32mg (33.23%), Copper: 0.65mg (32.57%), Vitamin D: 4.79µg (31.92%), Vitamin E: 2.74mg (18.26%), Manganese: 0.3mg (15.1%), Calcium: 148.74mg (14.87%), Folate: 41.61µg (10.4%), Vitamin C: 7.34mg (8.9%), Fiber: 1.91g (7.64%)