



Ham with boozy cranberry & mushroom sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 large knob butter
- ☐ 250 g chestnut mushroom halved
- ☐ 4 tbsp red wine
- ☐ 2 tbsp cranberry sauce
- ☐ 150 ml water hot
- ☐ 2 clementines
- ☐ 1 tsp bouillon powder or crumbled

- ☐ 1 tablespoon soya sauce
- ☐ 350 g ham leftover cooked cut into chunky slices

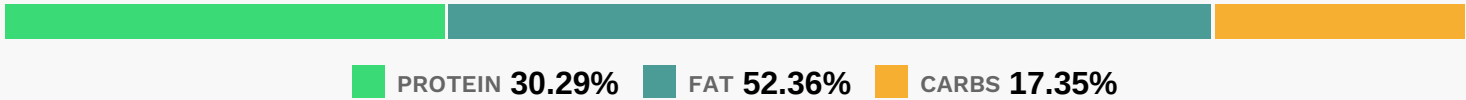
Equipment

- ☐ frying pan

Directions

- ☐ To fry the mushrooms, heat the oil and butter in a frying pan over a high heat until the butter is foaming.
- ☐ Add the mushrooms and fry for 4–5 minutes until they're golden.
- ☐ To make the sauce, pour in the port or wine to deglaze the pan, then lower the heat and stir in the cranberry sauce until dissolved.
- ☐ Pour in the hot water and fruit juice and sprinkle in the bouillon powder or stock cube. Splash in a spoonful or so of soy sauce and stir well. Turn up the heat and boil the sauce rapidly for a few minutes until it reduces slightly.
- ☐ Slide in the ham and heat through for a minute or two. Taste for seasoning and serve.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:2.77, Inflammation Score:-4, Nutrition Score:17.135217465784%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg

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Nutrients (% of daily need)

Calories: 258.81kcal (12.94%), Fat: 14.63g (22.51%), Saturated Fat: 4.7g (29.35%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 9.78g (3.56%), Sugar: 7.12g (7.91%), Cholesterol: 75.23mg (25.08%), Sodium: 1422.17mg (61.83%), Alcohol: 1.59g (100%), Alcohol %: 0.77% (100%), Protein: 19.04g (38.08%), Selenium: 33.9µg (48.43%), Vitamin C: 38.52mg (46.7%), Vitamin B1: 0.56mg (37.35%), Phosphorus: 349.96mg (35%), Vitamin B2: 0.54mg (31.92%), Vitamin B3: 5.95mg (29.76%), Copper: 0.44mg (22.19%), Vitamin B12: 1.31µg (21.78%), Zinc: 2.71mg (18.08%), Vitamin B5: 1.79mg (17.87%), Potassium: 624.9mg (17.85%), Vitamin B6: 0.34mg (16.99%), Manganese: 0.19mg (9.29%), Magnesium: 32.21mg (8.05%), Folate: 28.48µg (7.12%), Iron: 1.28mg (7.1%), Vitamin E: 0.78mg (5.19%), Fiber: 1.12g (4.49%), Calcium: 33.28mg (3.33%), Vitamin A: 134.66IU (2.69%), Vitamin K: 2.64µg (2.51%)