



WHATSheATE



Ham with Champagne and Vanilla Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apple jelly
- ☐ 11 pound 3%-less-sodium smoked bone-in fully cooked
- ☐ 1.5 cups sparkling wine divided
- ☐ 2 inch vanilla pod split

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

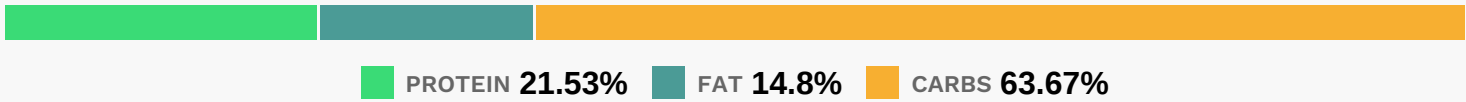
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 350
- ☐ Trim fat and rind from ham. Score outside of ham in a diamond pattern, and stud with cloves.
- ☐ Place ham, bone end up, in a roasting pan coated with cooking spray.
- ☐ Pour 1 cup Champagne over ham.
- ☐ Bake at 350 for 45 minutes.
- ☐ Scrape seeds from vanilla bean into a small saucepan.
- ☐ Add vanilla bean and 1/2 cup Champagne to pan. Bring to a boil; cook 2 minutes. Stir in apple jelly; cook 3 minutes or until jelly dissolves, stirring constantly.
- ☐ Remove from heat. Discard vanilla bean.
- ☐ Pour half of Champagne mixture over ham.
- ☐ Bake 30 minutes; pour remaining Champagne mixture over ham.
- ☐ Bake an additional 30 minutes or until ham is thoroughly heated.
- ☐ Place ham on a platter; cover loosely with foil.
- ☐ Let stand 15 minutes.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure or bowl.
- ☐ Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain the drippings into a bowl, stopping before the fat layer reaches opening; discard fat.
- ☐ Serve sauce with ham.
- ☐ Note: Wine Suggestion: Pairing ham with wine takes some care. But this recipe, oriented as it is to vanilla and apple flavors, takes the ham in a Chardonnay direction. Like this dish, Chardonnay has vanilla and apple flavors, and its light sweetness mirrors that of the ham. Opt for a Chardonnay that's not too oaky. Try the Gloria Ferrer from the Carneros region of California (\$22)

☐ or, for a steal, the McPherson Chardonnay from South Eastern Australia (\$8).

Nutrition Facts



Properties

Glycemic Index:1.83, Glycemic Load:4.23, Inflammation Score:-1, Nutrition Score:1.8308695812264%

Nutrients (% of daily need)

Calories: 64.3kcal (3.21%), Fat: 1.03g (1.59%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.86g (3.59%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 54.35mg (2.36%), Alcohol: 0.76g (100%), Alcohol %: 0.5% (100%), Protein: 3.38g (6.75%), Vitamin B3: 2.29mg (11.47%), Phosphorus: 53.82mg (5.38%), Copper: 0.1mg (4.87%), Potassium: 162.14mg (4.63%), Vitamin B2: 0.06mg (3.51%), Vitamin B12: 0.17µg (2.77%), Iron: 0.45mg (2.51%), Zinc: 0.18mg (1.22%), Vitamin C: 1mg (1.21%), Vitamin B6: 0.02mg (1.06%)