



Len's Poached Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



336 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 40 inch cinnamon sticks
- ☐ 1 cup t brown sugar dark packed
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 cups wine dry white
- ☐ 0.5 cup ginger
- ☐ 1 tablespoon honey
- ☐ 1 leaf lettuce green

- ☐ 16 oz peaches
- ☐ 10 lb ham smoked

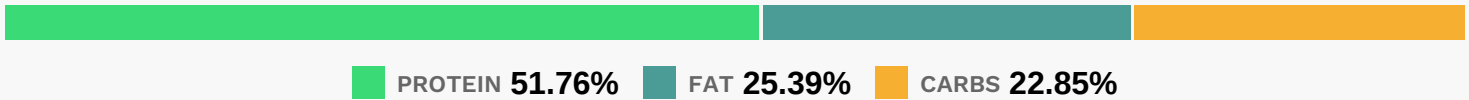
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Place ham in a very large stockpot; cover with water. Over high heat, bring to a boil. Reduce heat; simmer, uncovered, for one hour.
- ☐ Combine remaining ingredients except wine, cinnamon sticks and garnish in a saucepan. Cook and stir over medium heat until a glaze forms; remove from heat and keep warm.
- ☐ Remove ham carefully from pot; transfer to a rack in a large roasting pan. Push cinnamon sticks into the ham, creating a "porcupine."
- ☐ Drizzle wine over ham first, then follow with glaze.
- ☐ Bake, uncovered, at 375 degrees for 45 minutes.
- ☐ Remove cinnamon sticks before slicing. To serve, arrange lettuce on a serving dish; place ham slices on top.
- ☐ Serve with pan drippings spooned over top.

Nutrition Facts



Properties

Glycemic Index:12.86, Glycemic Load:1.58, Inflammation Score:-4, Nutrition Score:10.34521740675%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 336.04kcal (16.8%), Fat: 9.22g (14.18%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 17g (6.18%), Sugar: 15.51g (17.24%), Cholesterol: 120.96mg (40.32%), Sodium: 3077.09mg (133.79%), Alcohol: 2.06g (100%), Alcohol %: 0.81% (100%), Protein: 42.27g (84.54%), Phosphorus: 600.68mg (60.07%), Copper: 0.65mg (32.31%), Zinc: 4.71mg (31.38%), Manganese: 0.46mg (23.12%), Potassium: 764.52mg (21.84%), Magnesium: 86.5mg (21.63%), Iron: 3.74mg (20.76%), Fiber: 1.65g (6.62%), Calcium: 61.99mg (6.2%), Vitamin A: 91.53IU (1.83%), Vitamin E: 0.25mg (1.64%), Vitamin K: 1.65µg (1.57%), Selenium: 1.08µg (1.55%), Vitamin C: 1.27mg (1.54%), Vitamin B6: 0.03mg (1.51%), Vitamin B3: 0.29mg (1.47%)