



Maple-Mustard Glazed Fresh Ham

 Gluten Free

READY IN



705 min.

SERVINGS



16

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 pound veal shanks fresh bone-in skinless
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons dijon mustard
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons paprika sweet
- ☐ 1.3 teaspoons kosher salt

- ☐ 0.3 cup maple syrup
- ☐ 2 tablespoons butter unsalted melted

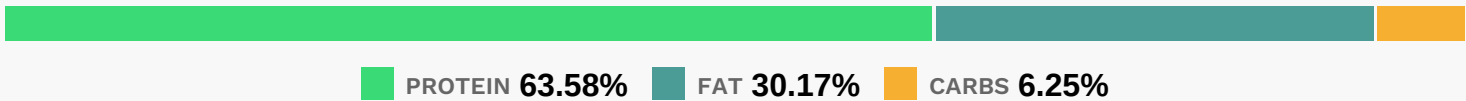
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Combine the first 6 ingredients in a small bowl. Score outside of ham in a diamond pattern; rub with spice mixture. Cover and chill overnight.
- ☐ Remove the ham from refrigerator; let stand at room temperature 1 hour.
- ☐ Preheat oven to 42
- ☐ Arrange ham, fat side up, on rack of a roasting pan coated with cooking spray, and place rack in pan.
- ☐ Bake at 425 for 30 minutes. Reduce temperature to 350 (do not remove ham from oven); bake at 350 for 1 1/2 hours.
- ☐ Combine maple syrup, Dijon mustard, and butter. Turn ham, fat side down.
- ☐ Bake an additional 40 minutes, basting with syrup mixture every 20 minutes. Turn ham again. Baste with the remaining syrup mixture, and bake an additional 35 minutes or until a thermometer inserted close to bone registers 14
- ☐ Let stand for 20 minutes; remove excess fat, and slice.

Nutrition Facts



Properties

Glycemic Index:7.84, Glycemic Load:1.69, Inflammation Score:-3, Nutrition Score:25.997825855794%

Nutrients (% of daily need)

Calories: 356.51kcal (17.83%), Fat: 11.52g (17.72%), Saturated Fat: 3.92g (24.53%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.98g (1.81%), Sugar: 4.1g (4.56%), Cholesterol: 216.38mg (72.13%), Sodium: 452.46mg (19.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.6g (109.21%), Vitamin B3: 21.21mg (106.05%), Zinc: 11.43mg (76.17%), Vitamin B12: 3.86µg (64.31%), Vitamin B6: 1.25mg (62.68%), Phosphorus: 549.64mg (54.96%), Vitamin B2: 0.85mg (50.16%), Vitamin B5: 3.68mg (36.8%), Selenium: 23.56µg (33.65%), Potassium: 928.59mg (26.53%), Magnesium: 64.91mg (16.23%), Vitamin B1: 0.24mg (15.9%), Iron: 2.5mg (13.86%), Copper: 0.22mg (11.08%), Manganese: 0.22mg (11.04%), Folate: 43.11µg (10.78%), Calcium: 71.56mg (7.16%), Vitamin A: 172.38IU (3.45%), Fiber: 0.39g (1.55%)