



Pepper Jelly and Ginger Glazed Ham

 Gluten Free  Dairy Free  Low Fod Map

READY IN



300 min.

SERVINGS



12

CALORIES



919 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 bay leaves
- 12 servings cornmeal-chive biscuits
- 1 tablespoon fennel seeds
- 6 cups ginger ale
- 9 lb half ham smoked bone-in fully cooked
- 0.5 cup pepper jelly red
- 1 tablespoon olive oil
- 1 teaspoon pepper freshly ground

- 2 tablespoons peppercorns
- 2 cups mirin
- 1 tablespoon grain dijon mustard whole

Equipment

- frying pan
- sauce pan
- oven
- sieve
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 350
- Make shallow cuts in fat of ham 1 inch apart in a diamond pattern. Rub olive oil and ground pepper over ham.
- Place ham on a rack in a 14- x 11-inch roasting pan.
- Pour wine into bottom of pan; stir in peppercorns and next 3 ingredients.
- Add 4 cups water. Cover pan loosely with aluminum foil.
- Bake, covered, at 350 on lower oven rack 2 hours.
- Meanwhile, bring ginger ale to a boil in a deep-sided 12-inch skillet over medium-high heat, and boil 25 to 30 minutes or until reduced to 3/4 cup.
- Remove from heat, and stir in pepper jelly until smooth.
- Uncover ham, and bake 2 1/2 more hours or until a meat thermometer registers 160 and ham is caramelized, basting every 30 minutes with ginger ale mixture. (Shield ham with foil to prevent excessive browning.)
- Remove from oven; transfer to a serving platter, reserving 2 cups pan drippings.
- Let stand 20 minutes before carving.

- Pour reserved drippings through a fine wire-mesh strainer into a medium saucepan; skim fat. Bring drippings to a boil over high heat, and boil 12 to 15 minutes or until liquid is reduced to 3/4 cup.
- Remove from heat; stir in mustard.
- Serve with ham and Cornmeal-Chive Biscuits.
- Note: To prepare a 12- to 14-lb. fully cooked bone-in ham, increase red pepper jelly to 1 cup, olive oil to 2 Tbsp., mustard to 1 1/2 Tbsp., and ground pepper to 2 tsp. Prepare recipe as directed, cooking ginger ale mixture 20 to 25 minutes or until reduced to 1 1/2 cups in Step 3, reserving 3 cups drippings in Step 4, and cooking reserved drippings until reduced to 1 1/2 cups in Step Makes 18 to 24 servings. Hands-on time 15 min.; Total time 4 hours, 55 min.

Nutrition Facts

PROTEIN 33.78%

FAT 60.14%

CARBS 6.08%

Properties

Glycemic Index:20.92, Glycemic Load:6.99, Inflammation Score:-5, Nutrition Score:31.97130485203%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 918.96kcal (45.95%), Fat: 58.42g (89.88%), Saturated Fat: 20.54g (128.38%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 12.43g (4.52%), Sugar: 11.19g (12.44%), Cholesterol: 210.92mg (70.31%), Sodium: 4063.23mg (176.66%), Alcohol: 4.12g (100%), Alcohol %: 1.02% (100%), Protein: 73.83g (147.65%), Vitamin B1: 2.06mg (137.14%), Selenium: 77.91µg (111.3%), Vitamin B3: 15.35mg (76.73%), Phosphorus: 744.11mg (74.41%), Vitamin B6: 1.34mg (67.05%), Zinc: 8.07mg (53.8%), Vitamin B2: 0.77mg (45.31%), Vitamin B12: 2.18µg (36.29%), Potassium: 1053.41mg (30.1%), Iron: 3.63mg (20.15%), Manganese: 0.39mg (19.67%), Magnesium: 76.66mg (19.17%), Copper: 0.34mg (16.93%), Vitamin B5: 1.63mg (16.25%), Vitamin D: 2.38µg (15.88%), Vitamin C: 8.65mg (10.48%), Vitamin E: 1.52mg (10.11%), Vitamin K: 6.32µg (6.02%), Vitamin A: 250.53IU (5.01%), Calcium: 47.35mg (4.73%), Folate: 14.94µg (3.74%), Fiber: 0.88g (3.51%)