



Potted ham

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 250 g pack butter unsalted
- ☐ 500 g ham cooked
- ☐ 1 bunch curly-leaf parsley leaves picked finely chopped
- ☐ 1 small pinch ground cloves
- ☐ 1 pinch mustard seeds yellow
- ☐ 1 tbsp cider vinegar
- ☐ 8 servings onion marmalade to serve red

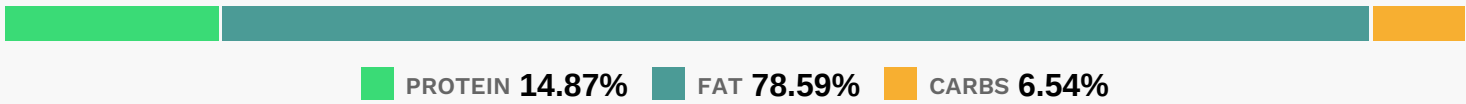
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ ramekin

Directions

- ☐ Gently melt the butter in a small pan and leave it to settle. Slowly pour the clear yellow fat from the melted butter into a small bowl or jug, leaving the milky liquid in the pan. Discard the milky bit. Pull apart and shred the ham as finely as possible into stringy strips use a knife to help if you need to.
- ☐ Mix the ham with the parsley, spices, vinegar, two-thirds of the butter and a little crunchy sea salt. Divide between 8 small ramekins or pots. Press down and flatten the surface with your fingers, then spoon or pour over the remaining butter. Chill until butter is solid, then wrap in cling film. Will freeze for up to 3 months.
- ☐ To serve, defrost the pots overnight in the fridge if frozen.
- ☐ Serve with toast, cornichons and chutney, or dip pots briefly in a bowl of hot water and turn the potted ham out onto plates first.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:15.164782617403%

Flavonoids

Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 342.81kcal (17.14%), Fat: 30.27g (46.57%), Saturated Fat: 17.15g (107.19%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.48g (1.63%), Sugar: 2.43g (2.7%), Cholesterol: 112.81mg (37.6%), Sodium: 731.65mg (31.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.78%), Vitamin K: 119.28µg (113.6%), Vitamin C:

28.12mg (34.08%), Vitamin A: 1382.31IU (27.65%), Vitamin B1: 0.37mg (24.35%), Phosphorus: 211.28mg (21.13%), Selenium: 13.23µg (18.9%), Vitamin B12: 0.93µg (15.57%), Vitamin B3: 2.4mg (11.98%), Vitamin B6: 0.23mg (11.69%), Vitamin B2: 0.18mg (10.68%), Zinc: 1.6mg (10.67%), Potassium: 305.31mg (8.72%), Vitamin B5: 0.68mg (6.77%), Manganese: 0.13mg (6.41%), Iron: 1.11mg (6.17%), Folate: 24.3µg (6.07%), Magnesium: 23.4mg (5.85%), Copper: 0.11mg (5.47%), Vitamin E: 0.8mg (5.31%), Fiber: 1.19g (4.76%), Calcium: 34.27mg (3.43%), Vitamin D: 0.47µg (3.13%)