



Prosciutto al Forno: Baked Ham

READY IN



930 min.

SERVINGS



10

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 laurel leaves or bay
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons flour
- ☐ 2 tablespoons rosemary leaves fresh
- ☐ 2 cloves garlic thinly sliced
- ☐ 0.5 cup grappa
- ☐ 5 pound ham fresh
- ☐ 4 juice of lemon juiced

- ☐ 10 servings salt and pepper to taste
- ☐ 1 cup white wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ gravy boat

Directions

- ☐ Place the ham in a large, oven proof casserole. In a small bowl, combine the lemon juice, laurel leaves, rosemary and garlic and pour the mixture over the ham, rubbing all over to make sure that it is evenly covered. Cover with plastic wrap and refrigerate for 12 hours.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Cover the ham with aluminum foil and bake in the oven 1 1/2 hours, turning it occasionally.
- ☐ Remove from the oven, baste with the wine and grappa and return to the oven to cook uncovered for another 1 1/2 hours.
- ☐ Remove the ham from the oven and place it on a rack to cool.
- ☐ Remove the excess grease from the pan and place the pan over low heat.
- ☐ Add the chicken stock and stir with a wooden spoon over medium-low heat to dislodge the browned bits from the pan.
- ☐ Whisk in the flour and butter and continue to stir over low heat until the pan juices thicken and form a gravy. Season, to taste, with salt and pepper and remove to a small bowl or gravy boat.
- ☐ Slice the ham and serve immediately with the gravy.

Nutrition Facts

 **PROTEIN 34.13%**  **FAT 62.69%**  **CARBS 3.18%**

Properties

Glycemic Index:17, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:22.170434455509%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 645.19kcal (32.26%), Fat: 40.67g (62.57%), Saturated Fat: 15.1g (94.37%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.47g (1.62%), Sugar: 1.77g (1.96%), Cholesterol: 147.35mg (49.12%), Sodium: 2939.76mg (127.82%), Alcohol: 7.25g (100%), Alcohol %: 3.02% (100%), Protein: 49.82g (99.64%), Vitamin B1: 1.39mg (92.59%), Selenium: 52.67µg (75.24%), Vitamin B3: 10.63mg (53.16%), Phosphorus: 500.67mg (50.07%), Vitamin B6: 0.9mg (45.25%), Zinc: 5.36mg (35.71%), Vitamin B2: 0.54mg (31.59%), Vitamin B12: 1.46µg (24.27%), Potassium: 711.06mg (20.32%), Iron: 2.24mg (12.45%), Magnesium: 48.17mg (12.04%), Vitamin B5: 1.08mg (10.79%), Vitamin D: 1.59µg (10.58%), Copper: 0.21mg (10.49%), Vitamin C: 5mg (6.06%), Vitamin E: 0.91mg (6.05%), Manganese: 0.09mg (4.62%), Folate: 14.07µg (3.52%), Calcium: 23.51mg (2.35%), Vitamin A: 88.11IU (1.76%)