



Red-Currant-Pomegranate Glazed Ham

 **Gluten Free**  **Dairy Free**

READY IN



395 min.

SERVINGS



12

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup t brown sugar dark packed
- 2 tablespoons dijon mustard
- 6 lb ham bone-in
- 1 cup pomegranate juice
- 0.5 cup currant jelly red

Equipment

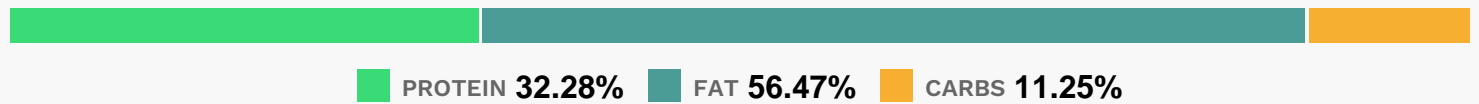
- bowl
- sauce pan

- sieve
- slow cooker

Directions

- Place ham in slow cooker, pour in pomegranate juice, cover and cook on low until completely warmed through, 4 to 6 hours, basting once or twice. Put jelly in a small saucepan over medium-low heat and cook, stirring, until softened.
- Pour through a fine-mesh sieve into a bowl, discarding solids. Cover and refrigerate jelly until ready to use.
- In a small saucepan, combine 3 Tbsp. of cooking liquid from slow cooker with jelly, mustard and brown sugar. Bring to a boil over high heat, stirring until sugar has dissolved.
- Remove 1 cup of cooking liquid from slow cooker; discard.
- Pour jelly mixture over ham. Cover cooker and increase heat to high. Cook for about 30 minutes, basting often, until shiny and glazed.
- Transfer ham to a platter and let stand at room temperature for 15 minutes; serve.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:5.29, Inflammation Score:-2, Nutrition Score:21.635217528304%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 620.64kcal (31.03%), Fat: 38.19g (58.75%), Saturated Fat: 13.59g (84.91%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 16.82g (6.12%), Sugar: 13.97g (15.52%), Cholesterol: 140.61mg (46.87%), Sodium: 2727.25mg (118.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.12g (98.23%), Vitamin B1: 1.37mg (91.54%), Selenium: 52.73µg (75.33%), Vitamin B3: 10.19mg (50.95%), Phosphorus: 493.2mg (49.32%), Vitamin B6: 0.88mg (43.83%), Zinc: 5.31mg (35.37%), Vitamin B2: 0.52mg (30.4%), Vitamin B12: 1.45µg (24.19%), Potassium: 713.8mg (20.39%), Iron: 2.14mg (11.86%), Magnesium: 46.72mg (11.68%), Vitamin B5: 1.11mg (11.12%), Vitamin D: 1.59µg (10.58%), Copper: 0.21mg (10.54%), Vitamin E: 0.92mg (6.14%), Manganese: 0.07mg (3.52%), Folate: 13.56µg

(3.39%), Calcium: 26.37mg (2.64%), Vitamin K: 2.2µg (2.09%), Vitamin C: 1.28mg (1.55%), Fiber: 0.28g (1.14%)