



Riesling Peach Glazed Ham



Vegetarian



Gluten Free

READY IN



155 min.

SERVINGS



12

CALORIES



474 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 lb half and half smoked bone-in fully cooked
- ☐ 1 cup mirin
- ☐ 2 sprigs thyme sprigs fresh
- ☐ 1 shallots finely chopped
- ☐ 18 oz peach preserves ()
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup dijon mustard stone-ground

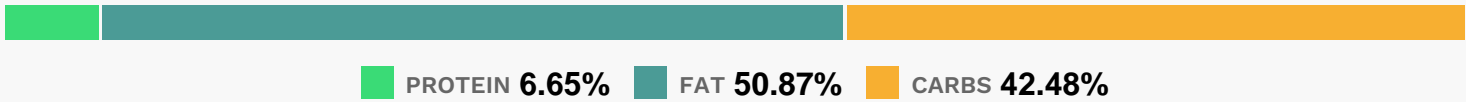
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line shallow roasting pan with foil.
- ☐ Place ham on rack in roasting pan. Insert ovenproof meat thermometer in ham so tip is in center of thickest part of meat and does not touch bone.
- ☐ In 1-quart saucepan, heat wine, thyme sprigs and shallot to boiling over medium-high heat. Reduce heat; simmer uncovered 7 to 8 minutes or until wine is reduced to 1/2 cup.
- ☐ Remove from heat. Discard thyme sprigs. Stir in preserves, brown sugar and mustard.
- ☐ Brush half of glaze mixture over ham.
- ☐ Bake uncovered 1 hour 30 minutes, basting with remaining glaze mixture every 30 minutes. Cover loosely with foil; bake 30 minutes longer or until thermometer reads at least 140°F.
- ☐ Let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:15.98, Inflammation Score:-6, Nutrition Score:8.6678260823955%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 474.15kcal (23.71%), Fat: 26.47g (40.72%), Saturated Fat: 15.98g (99.85%), Carbohydrates: 49.73g (16.58%), Net Carbohydrates: 48.73g (17.72%), Sugar: 39.19g (43.55%), Cholesterol: 79.38mg (26.46%), Sodium: 268.91mg (11.69%), Alcohol: 1.9g (100%), Alcohol %: 0.77% (100%), Protein: 7.78g (15.57%), Vitamin B2: 0.48mg (28.26%), Calcium: 266.77mg (26.68%), Phosphorus: 236.53mg (23.65%), Selenium: 11.77µg (16.81%), Vitamin A: 818.23IU (16.36%), Potassium: 367.84mg (10.51%), Magnesium: 30.89mg (7.72%), Vitamin C: 6.26mg (7.59%),

Vitamin B12: 0.43µg (7.18%), Vitamin B5: 0.71mg (7.14%), Vitamin B6: 0.14mg (7.03%), Zinc: 0.99mg (6.6%), Vitamin B1: 0.1mg (6.39%), Vitamin E: 0.66mg (4.37%), Fiber: 1g (4.02%), Copper: 0.08mg (3.88%), Manganese: 0.08mg (3.87%), Iron: 0.61mg (3.37%), Folate: 13.08µg (3.27%), Vitamin K: 3.12µg (2.97%), Vitamin B3: 0.34mg (1.69%)