

 **61%**
HEALTH SCORE

Round 2 - Ham Skillet Casserole

 Very Healthy

READY IN



350 min.

SERVINGS



4

CALORIES



1822 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons apple cider vinegar
- 0.5 cup apple jelly
- 0.5 cup baking mix
- 1 cup breadcrumbs
- 2 tablespoons butter
- 1 tablespoon canola oil
- 5 large carrots peeled sliced
- 1 cup cheddar grated

- 4 eggs
- 0.3 cup flour
- 1 tablespoon ginger fresh finely grated
- 2 tablespoons parsley fresh chopped
- 1 teaspoon thyme leaves fresh
- 1 tablespoon garlic minced
- 2 teaspoons garlic minced
- 7 pound ham smoked fresh
- 0.5 cup brown sugar light packed
- 1 cup milk
- 2.5 cups milk
- 0.3 cup parmesan grated
- 5 parsnips peeled sliced
- 0.3 teaspoon pumpkin pie spice
- 4 servings salt and pepper black freshly ground
- 0.3 cup spicy brown mustard

Equipment

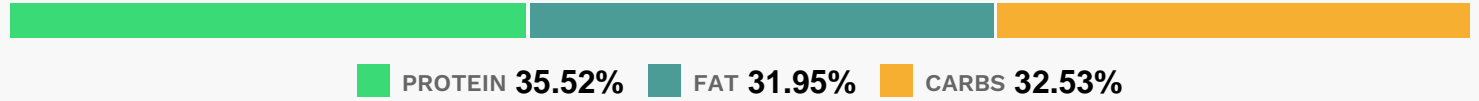
- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan
- roasting pan
- aluminum foil

Directions

- Preheat the oven to 350 degrees F. Spray a 10-inch ovenproof skillet with nonstick cooking spray.
- In a large bowl, whisk together the eggs with the milk and baking mix. Stir in the reserved au gratin and ham.
- Pour the mixture into the skillet.
- Place in the oven and continue to cook until the center is firm and the top is golden, 20 to 25 minutes.
- Preheat the oven to 350 degrees F. Spray a 9 by 9-inch baking dish with cooking spray.
- In a small pot, heat the milk with the thyme over medium-low heat until hot.
- In a medium saucepan over medium heat, melt the butter with the canola oil.
- Add the garlic and cook 1 minute.
- Add the flour and cook stirring constantly until the flour is lightly golden brown, about 2 minutes. Slowly whisk in the hot milk. Bring the mixture to a simmer and cook until very thick. Stir in the Cheddar, pumpkin pie spice and salt and pepper to taste.
- Coat the bottom of the prepared baking dish with a thin layer of the sauce.
- Place one layer of carrots slightly overlapping in the bottom of the baking dish. Top with an overlapping layer of the parsnips.
- Pour a third of the sauce over top. Repeat with two more layers each of the carrots and parsnips, ending with the sauce.
- In a small bowl, stir together the breadcrumbs, Parmesan, parsley and salt and pepper to taste. Evenly sprinkle over the top of the gratin.
- Bake until the gratin is bubbling and the topping is browned, and when pierced through the vegetables yield easily, about 1 1/2 hours. If the top begins to brown too quickly, cover with foil.
- Let rest for 10 minute before serving.
- Preheat the oven to 325 degrees F.
- Place the ham in a roasting pan fat-side up. Score the fat with a crisscross pattern. Cook the ham for about 1 hour to allow the scored fat to open up.
- In the meantime, in a small saucepan over medium heat, stir together the brown sugar, apple jelly, mustard, vinegar, ginger and garlic along with 2 tablespoons water. Bring to a simmer and cook for about 2 minutes until it has a smooth syrupy consistency.
- Remove the ham from the oven. Generously brush the ham with half of the glaze.

- Place back in the oven and bake an additional 1 hour and 30 minutes, basting with the remaining glaze every 20 minutes. If the ham starts to get too brown, cover with foil.
- Remove from the oven, cover and allow the ham to rest for 30 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:166.21, Glycemic Load:40.75, Inflammation Score:-10, Nutrition Score:65.572173491768%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 1822.28kcal (91.11%), Fat: 65.23g (100.36%), Saturated Fat: 26.48g (165.47%), Carbohydrates: 149.4g (49.8%), Net Carbohydrates: 134.22g (48.81%), Sugar: 76.03g (84.48%), Cholesterol: 618.17mg (206.06%), Sodium: 10775.86mg (468.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 163.18g (326.35%), Vitamin A: 16330.75IU (326.62%), Phosphorus: 2671.35mg (267.13%), Zinc: 19.14mg (127.6%), Copper: 2.42mg (120.82%), Potassium: 3776.23mg (107.89%), Magnesium: 387.53mg (96.88%), Vitamin K: 96.09µg (91.51%), Manganese: 1.83mg (91.27%), Calcium: 873.53mg (87.35%), Iron: 15.67mg (87.06%), Selenium: 48.2µg (68.86%), Vitamin B2: 1.06mg (62.18%), Folate: 245.76µg (61.44%), Fiber: 15.18g (60.72%), Vitamin C: 46.76mg (56.68%), Vitamin B1: 0.84mg (55.76%), Vitamin E: 5.23mg (34.85%), Vitamin B5: 3.47mg (34.75%), Vitamin B12: 2.08µg (34.73%), Vitamin B6: 0.66mg (32.88%), Vitamin B3: 5.68mg (28.38%), Vitamin D: 3.43µg (22.86%)