



Smoky Glazed Ham with Red Pepper Jelly



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



1

CALORIES



1689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons peppercorns black crushed
- ☐ 1 carrots thinly sliced
- ☐ 2 cups coca-cola dry
- ☐ 1.5 teaspoons coriander seeds crushed
- ☐ 1.5 teaspoons fennel seeds crushed
- ☐ 2 ounces ginger fresh thinly sliced
- ☐ 1 ham smoked bone-in
- ☐ 0.5 cup buckwheat honey dark

- ☐ 1 serving pepper jelly red for serving
- ☐ 3 cups chicken stock see low-sodium
- ☐ 1.5 cups pinot noir chocolate brownies dry red
- ☐ 5 small chiles dried red (small)
- ☐ 0.3 red wine vinegar
- ☐ 0.5 onion sweet thinly sliced
- ☐ 0.5 cup sugar
- ☐ 3 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer

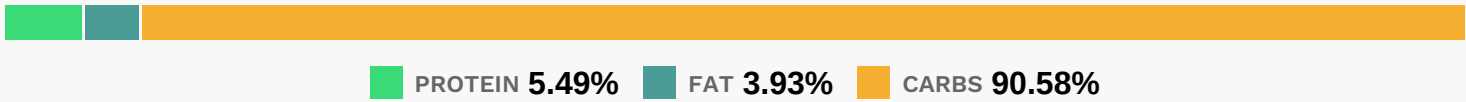
Directions

- ☐ In a large saucepan, bring the stock, water, cola, wine, sugar, honey, vinegar, onion, ginger, carrot and chiles to a boil. Simmer over moderately high heat for 20 minutes.
- ☐ Add the coriander and fennel seeds and peppercorns and simmer until reduced to 4 1/2 cups, 15 to 20 minutes longer. Strain the sauce through a fine sieve into a heatproof bowl.
- ☐ Meanwhile, preheat the oven to 37
- ☐ Set the ham skin side up in a 12-by-15-inch roasting pan and pour half of the sauce on top. Roast the ham for 1 hour, basting with the sauce in the pan every 15 minutes.
- ☐ Pour the remaining sauce over the ham and roast for about 1 hour and 30 minutes longer, basting the ham every 15 minutes, until glazed and an instant-read thermometer inserted in the thickest part registers 12
- ☐ Transfer the ham to a carving board and let rest for 15 minutes. Discard the skin from the ham before slicing.

☐

Serve the ham with the Red Pepper Jelly.

Nutrition Facts



Properties

Glycemic Index:241.11, Glycemic Load:106.29, Inflammation Score:-10, Nutrition Score:34.915217358133%

Flavonoids

Petunidin: 11.95mg, Petunidin: 11.95mg, Petunidin: 11.95mg, Petunidin: 11.95mg Delphinidin: 15.05mg, Delphinidin: 15.05mg, Delphinidin: 15.05mg, Delphinidin: 15.05mg Malvidin: 94.46mg, Malvidin: 94.46mg, Malvidin: 94.46mg, Malvidin: 94.46mg Peonidin: 6.66mg, Peonidin: 6.66mg, Peonidin: 6.66mg, Peonidin: 6.66mg Catechin: 27.72mg, Catechin: 27.72mg, Catechin: 27.72mg, Catechin: 27.72mg Epicatechin: 38.38mg, Epicatechin: 38.38mg, Epicatechin: 38.38mg, Epicatechin: 38.38mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 2.92mg, Myricetin: 2.92mg, Myricetin: 2.92mg, Myricetin: 2.92mg Quercetin: 26.42mg, Quercetin: 26.42mg, Quercetin: 26.42mg, Quercetin: 26.42mg

Nutrients (% of daily need)

Calories: 1688.69kcal (84.43%), Fat: 6.65g (10.22%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 344.54g (114.85%), Net Carbohydrates: 333.47g (121.26%), Sugar: 297.97g (331.08%), Cholesterol: 0.48mg (0.16%), Sodium: 361.67mg (15.72%), Alcohol: 37.8g (100%), Alcohol %: 1.66% (100%), Caffeine: 37.76mg (12.59%), Protein: 20.87g (41.75%), Vitamin A: 13227.26IU (264.55%), Vitamin C: 112.63mg (136.52%), Manganese: 1.73mg (86.63%), Vitamin B3: 12.42mg (62.08%), Potassium: 1746.17mg (49.89%), Copper: 0.97mg (48.37%), Fiber: 11.07g (44.29%), Phosphorus: 415.7mg (41.57%), Vitamin B6: 0.77mg (38.59%), Iron: 6.21mg (34.52%), Vitamin B2: 0.49mg (28.78%), Magnesium: 110.36mg (27.59%), Vitamin K: 25.76µg (24.54%), Folate: 95.95µg (23.99%), Calcium: 236.37mg (23.64%), Zinc: 2.39mg (15.94%), Vitamin B1: 0.19mg (12.74%), Vitamin E: 1.91mg (12.72%), Vitamin B12: 0.71µg (11.8%), Vitamin B5: 0.91mg (9.11%), Selenium: 4.38µg (6.26%)