



Spice Crusted Ham with Maple Mustard Sauce

READY IN



100 min.

SERVINGS



8

CALORIES



1187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns mixed white green black (containing , pink, , and peppercorns but not allspice)
- ☐ 0.5 cup dijon mustard
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 garlic cloves
- ☐ 8 pound shank-end ham fully cooked
- ☐ 0.3 cup grade b maple syrup
- ☐ 1.5 teaspoons sea salt fine
- ☐ 3 tablespoons butter unsalted softened

☐ 1 tablespoon coriander seeds whole

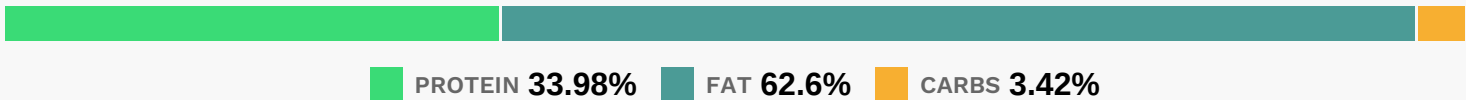
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Remove any thick skin from ham and all but about 3/4-inch layer of fat.
- ☐ Mince and mash garlic with salt to a paste. Coarsely grind coriander and peppercorns in coffee/spice grinder and stir together with flour, butter, and garlic paste in a bowl.
- ☐ Spread spice paste all over ham, then put ham, cut side down, in a greased large roasting pan.
- ☐ Bake in middle of oven until crust is golden and an instant-read thermometer inserted into center (do not touch bone) registers 150 degrees F, about 1 1/4 hours.
- ☐ Transfer ham to a platter and let stand 15 minutes before slicing.
- ☐ Garnish with parsley.
- ☐ For Sauce: Stir together mustard and maple syrup until combined well.
- ☐ Serve with ham.
- ☐ Cook's note: Sauce can be made 2 days ahead and chilled, covered. Bring to room temperature before serving.
- ☐ Garnish: 2 large bunches fresh flat-leaf parsley .
- ☐ Special equipment: an electric coffee/spice grinder .

Nutrition Facts



Properties

Glycemic Index:25.69, Glycemic Load:3.34, Inflammation Score:-4, Nutrition Score:38.786087163117%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1187.18kcal (59.36%), Fat: 81.02g (124.65%), Saturated Fat: 29.89g (186.8%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 8.66g (3.15%), Sugar: 6.28g (6.98%), Cholesterol: 292.51mg (97.5%), Sodium: 5993.58mg (260.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 98.95g (197.89%), Vitamin B1: 2.78mg (185.04%), Selenium: 109.07µg (155.81%), Vitamin B3: 20.43mg (102.13%), Phosphorus: 996.59mg (99.66%), Vitamin B6: 1.76mg (87.86%), Zinc: 10.77mg (71.78%), Vitamin B2: 1.15mg (67.8%), Vitamin B12: 2.91µg (48.53%), Potassium: 1376.16mg (39.32%), Manganese: 0.56mg (28.2%), Magnesium: 100.66mg (25.17%), Iron: 4.5mg (25.01%), Vitamin D: 3.25µg (21.69%), Vitamin B5: 2.16mg (21.56%), Copper: 0.42mg (20.89%), Vitamin E: 1.82mg (12.16%), Calcium: 66.88mg (6.69%), Fiber: 1.3g (5.22%), Folate: 16.83µg (4.21%), Vitamin A: 149.22IU (2.98%), Vitamin K: 2.68µg (2.55%)