



Spice-Crusted Ham with Maple Mustard Sauce

READY IN



1500 min.

SERVINGS



8

CALORIES



1205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns mixed white green black (containing , pink, , and peppercorns but not allspice)
- ☐ 2 large bunches garnish: flat-leaf parsley fresh
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 garlic cloves
- ☐ 8 pound shank-end ham fully cooked
- ☐ 8 servings accompaniment:maple mustard sauce
- ☐ 1.5 teaspoons sea salt fine
- ☐ 3 tablespoons butter unsalted softened

☐ 1 tablespoon coriander seeds whole

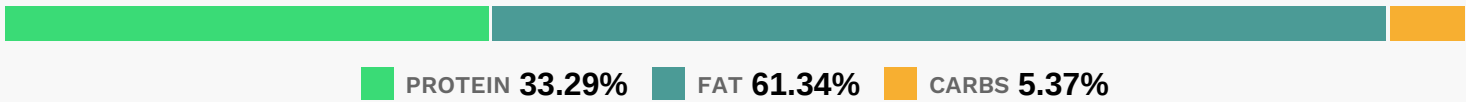
Equipment

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

Directions

- ☐ Preheat oven to 350°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°F, about 1 1/4 hours.
- ☐ Transfer ham to a platter and let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:25.69, Glycemic Load:5.73, Inflammation Score:-4, Nutrition Score:39.232608789983%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1204.61kcal (60.23%), Fat: 80.5g (123.84%), Saturated Fat: 29.85g (186.55%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 15.21g (5.53%), Sugar: 12.01g (13.35%), Cholesterol: 292.51mg (97.5%), Sodium: 5823.43mg (253.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 98.29g (196.58%), Vitamin B1: 2.75mg

(183.53%), Selenium: 103.78µg (148.25%), Vitamin B3: 20.35mg (101.75%), Phosphorus: 979.93mg (97.99%), Vitamin B6: 1.75mg (87.33%), Vitamin B2: 1.27mg (74.64%), Zinc: 10.74mg (71.6%), Vitamin B12: 2.91µg (48.53%), Potassium: 1376.56mg (39.33%), Manganese: 0.73mg (36.4%), Magnesium: 95.41mg (23.85%), Iron: 4.28mg (23.78%), Vitamin D: 3.25µg (21.69%), Vitamin B5: 2.11mg (21.1%), Copper: 0.41mg (20.33%), Vitamin E: 1.77mg (11.81%), Calcium: 68.25mg (6.83%), Vitamin K: 6.54µg (6.23%), Folate: 16.12µg (4.03%), Vitamin A: 159.23IU (3.18%), Fiber: 0.64g (2.57%), Vitamin C: 0.93mg (1.13%)