



HEALTH SCORE

64%

## Spiced Sour Cherry-Glazed Ham With Parsley Potatoes



Gluten Free



Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



3691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons butter cut into chunks
- ☐ 1.5 cups smucker's cherry preserves sour
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons flat parsley minced
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg

- ☐ 1 ham bone-in (6 to 8 pounds total)
- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.5 cup onion finely chopped
- ☐ 2.5 pounds potatoes scrubbed
- ☐ 2 tablespoons sherry vinegar
- ☐ 0.3 cup wine

## Equipment

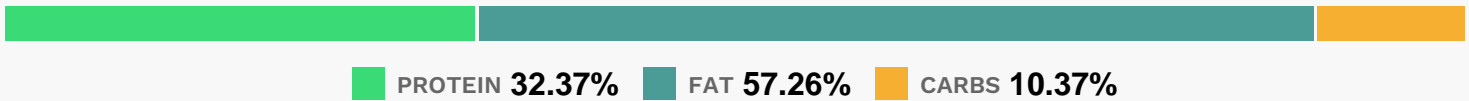
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ blender
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ colander
- ☐ cutting board

## Directions

- ☐ Add cherry preserves, mustard, vinegar, onion, nutmeg, cinnamon, cayenne, 1/8th teaspoon salt, and 1/8th teaspoon pepper to the bowl of a food processor or blender and purée until smooth. Refrigerate for at least an hour and up to a day to allow flavors to marry.
- ☐ Adjust oven rack to lower-middle position and preheat oven to 325°F.

- ☐ Place ham flat-side down in a large roasting pan. Using a sharp knife, score the rounded side with diagonal cuts to form a diamond pattern.
- ☐ Roast until a meat thermometer inserted into the deepest part of the ham registers 115°F, 45 minutes to 1 hour.
- ☐ Remove from oven and generously slather it with glaze, making sure to get it into the cuts. Return ham to the oven and continue to bake until caramelized on the outside and a meat thermometer inserted into the thickest part of the meat reads 135°F, about 45 minutes longer.
- ☐ Meanwhile, add potatoes to a medium stockpot filled with cold water. Season generously with salt. Bring to a boil over high heat. Reduce the heat to medium and simmer until potatoes are tender when pierced with a fork, about 30 minutes.
- ☐ Drain the potatoes in a colander. Return to pan and add butter, stirring to coat. Set aside.
- ☐ When done, transfer ham to a cutting board, tent lightly with foil, and let rest at least 10 minutes. Meanwhile, place roasting pan with drippings over high heat.
- ☐ Add wine and cook, using a wooden spoon to scrape up and browned bits. Simmer until lightly thickened, about two minutes, then transfer to a bowl and set aside.
- ☐ Carve ham, place on a platter and drizzle with pan sauce. Reheat potatoes and sprinkle with parsley and lemon zest. Season to taste with salt and pepper.
- ☐ Serve ham and potatoes family style, passing additional glaze as a garnish.

## Nutrition Facts



## Properties

Glycemic Index:72.29, Glycemic Load:56.24, Inflammation Score:-8, Nutrition Score:63.652608622675%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 3690.81kcal (184.54%), Fat: 229.73g (353.42%), Saturated Fat: 83.42g (521.39%), Carbohydrates: 93.62g (31.21%), Net Carbohydrates: 87.96g (31.99%), Sugar: 43.47g (48.3%), Cholesterol: 841.72mg (280.57%), Sodium: 15967.45mg (694.24%), Alcohol: 1.03g (100%), Alcohol %: 0.08% (100%), Protein: 292.22g (584.44%), Vitamin B1: 8.2mg (546.41%), Selenium: 306.79µg (438.28%), Vitamin B3: 61.58mg (307.92%), Phosphorus: 2991.55mg (299.15%), Vitamin B6: 5.67mg (283.44%), Zinc: 31.63mg (210.84%), Vitamin B2: 3.08mg (181.45%), Vitamin B12: 8.55µg (142.42%), Potassium: 4722.3mg (134.92%), Magnesium: 306.3mg (76.58%), Iron: 13.75mg (76.39%), Copper: 1.41mg (70.49%), Vitamin B5: 6.72mg (67.21%), Vitamin D: 9.33µg (62.22%), Vitamin C: 47.77mg (57.9%), Vitamin E: 5.13mg (34.19%), Manganese: 0.59mg (29.3%), Vitamin K: 26.33µg (25.07%), Fiber: 5.66g (22.65%), Folate: 84.93µg (21.23%), Calcium: 145.17mg (14.52%), Vitamin A: 312.98IU (6.26%)