



Toasted Spiced Ham Drizzled in Honey



Gluten Free



Dairy Free



Very Healthy

READY IN



95 min.

SERVINGS



8

CALORIES



2720 kcal

Ingredients

- ☐ 6 celery stalks
- ☐ 1 ounce california chili powder sweet pure
- ☐ 1 tablespoon coriander seeds
- ☐ 1 country ham boneless
- ☐ 0.3 cup fennel seeds
- ☐ 2 tablespoons ground cinnamon
- ☐ 2 cups honey for glazing ham
- ☐ 2 tablespoons kosher salt
- ☐ 1 tablespoon peppercorns

- ☐ 1.5 teaspoons pepper flakes red
- ☐ 1 tablespoon thyme leaves chopped fine

Equipment

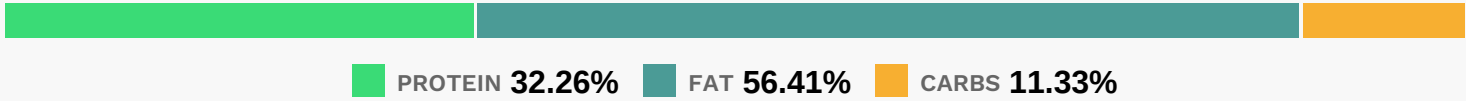
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ roasting pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 425 degrees F.
- ☐ Place ham on an open brown paper bag for easy clean up. With the tip of a paring knife carefully score a 1-inch grid pattern around the outside of the ham.
- ☐ Brush the entire surface of the meat on all sides with some of the honey.
- ☐ Season the entire surface of the meat on all sides with the toasted spice rub and thyme.
- ☐ Add about a half cup of water to the base of the roaster.
- ☐ Place ham on several celery sticks in the roasting pan.
- ☐ Cook for 1 hour. Every 15 minutes, baste ham with juices that collect in the base of the roaster and the honey.
- ☐ Let rest for 15 minutes before carving as desired.
- ☐ Toast the fennel seeds, coriander seeds, and peppercorns in a small, heavy pan over medium heat. (Toasting freshens spices, releases their oils, and makes them more fragrant, as well as adding a new dimension of flavor.) When the fennel turns light brown, work quickly. Turn on the exhaust fan; add the red pepper flakes, and toss, toss, toss, always under the fan. Immediately turn the spice mixture out onto a plate to cool. Put in a blender with the sweet chili powder, salt, and cinnamon and blend until the spices are evenly ground.
- ☐ If you have a small spice mill blender or a coffee grinder dedicated to grinding spices, grind only the fennel, coriander, pepper, and chili flakes.

- ☐
- Pour into a bowl and toss with the remaining ingredients. Keep the spice mix in a glass jar in a cool, dry place, or freeze.
- ☐
- *Chef's Tip: Taste your chili powder and, if spicy and hot, cut back the amount. California chiles are almost sweet, not hot.

Nutrition Facts



Properties

Glycemic Index:20.78, Glycemic Load:36.65, Inflammation Score:-9, Nutrition Score:56.801738811576%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 2719.85kcal (135.99%), Fat: 168.88g (259.82%), Saturated Fat: 59.95g (374.66%), Carbohydrates: 76.34g (25.45%), Net Carbohydrates: 71.85g (26.13%), Sugar: 69.95g (77.73%), Cholesterol: 620mg (206.67%), Sodium: 13687.45mg (595.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 217.29g (434.58%), Vitamin B1: 6.04mg (402.39%), Selenium: 228.78µg (326.83%), Vitamin B3: 45.42mg (227.1%), Phosphorus: 2176.61mg (217.66%), Vitamin B6: 3.93mg (196.4%), Zinc: 23.77mg (158.44%), Vitamin B2: 2.3mg (135.29%), Vitamin B12: 6.4µg (106.67%), Potassium: 3075.83mg (87.88%), Iron: 10.83mg (60.17%), Magnesium: 215.78mg (53.94%), Manganese: 1.01mg (50.27%), Copper: 0.97mg (48.36%), Vitamin B5: 4.7mg (46.98%), Vitamin D: 7µg (46.67%), Vitamin E: 5.16mg (34.41%), Vitamin A: 1233.55IU (24.67%), Fiber: 4.49g (17.95%), Calcium: 158.23mg (15.82%), Folate: 34.6µg (8.65%), Vitamin K: 7.69µg (7.33%), Vitamin C: 2.76mg (3.34%)