



Apricot and Sherry-Glazed Ham



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 1.3 cups sherry dry
- ☐ 2 teaspoons ground coriander
- ☐ 7.5 pound 3%-less-sodium smoked fully cooked
- ☐ 1.5 teaspoons paprika
- ☐ 1 cup water

Equipment

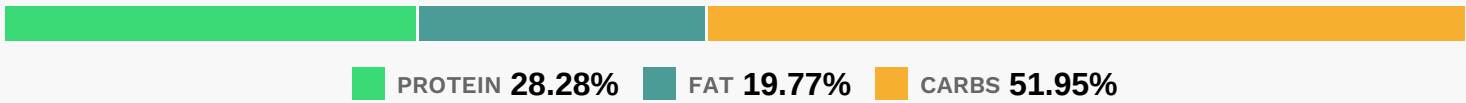
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Bring sherry and apricot preserves to a simmer in a small saucepan over medium heat; cook until reduced to 1 1/4 cups (about 20 minutes), stirring occasionally.
- ☐ Remove from heat, and add ground coriander and paprika, stirring with a whisk.
- ☐ Preheat oven to 32
- ☐ Trim fat and rind from ham. Score outside of ham in a diamond pattern; stud with cloves.
- ☐ Place ham on the rack of a broiler pan or roasting pan coated with cooking spray.
- ☐ Pour 1 cup water into pan; place rack in pan.
- ☐ Brush ham with 1/4 cup sherry mixture.
- ☐ Bake at 325 for 1 1/2 hours or until thermometer registers 140, basting with remaining sherry mixture every 30 minutes.
- ☐ Transfer ham to a platter; let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.4434782737947%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 39.18kcal (1.96%), Fat: 0.78g (1.19%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 4.48g (1.63%), Sugar: 2.11g (2.34%), Cholesterol: 0mg (0%), Sodium: 39.22mg (1.71%), Alcohol: 1.1g (100%), Alcohol %: 0.96% (100%), Protein: 2.5g (5%), Vitamin B3: 1.69mg (8.46%), Phosphorus: 39.43mg (3.94%), Copper: 0.07mg (3.51%), Potassium: 119.6mg (3.42%), Vitamin B2: 0.04mg (2.4%), Vitamin B12: 0.12µg (2.02%), Iron: 0.35mg (1.95%), Vitamin A: 61.43IU (1.23%), Vitamin B6: 0.02mg (1.03%)