



Apricot-Bourbon Glazed Ham

 **Gluten Free**  **Dairy Free**

READY IN



115 min.

SERVINGS



10

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apricot preserves
- 2 teaspoons ground ginger
- 0.3 cup pineapple juice
- 6 lb ham smoked bone-in fully cooked

Equipment

- bowl
- oven
- roasting pan

kitchen thermometer

aluminum foil

Directions

Heat oven to 325°F. In small bowl, mix preserves, ginger and bourbon until smooth.

Place ham on rack in shallow roasting pan. Make cuts about 1/2 inch apart and 1/4 inch deep in diamond pattern around top and sides of ham.

Brush with 3 tablespoons of the preserves mixture. Insert ovenproof meat thermometer in thickest part of ham.

Bake uncovered 45 minutes.

Brush remaining preserves mixture over ham.

Bake about 45 minutes longer or until thermometer reads 140°F.

Remove ham from oven, cover with tent of foil and let stand 10 to 15 minutes for easier carving.

Nutrition Facts

 **PROTEIN 34.55%** **FAT 60.36%** **CARBS 5.09%**

Properties

Glycemic Index:4.6, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:25.203043405938%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 694.43kcal (34.72%), Fat: 45.69g (70.29%), Saturated Fat: 16.29g (101.79%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 8.56g (3.11%), Sugar: 5.74g (6.37%), Cholesterol: 168.74mg (56.25%), Sodium: 3235.44mg (140.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.84g (117.69%), Vitamin B1: 1.64mg (109.28%), Selenium: 62.24µg (88.92%), Vitamin B3: 12.2mg (60.98%), Phosphorus: 583.91mg (58.39%), Vitamin B6: 1.04mg (52.25%), Zinc: 6.34mg (42.28%), Vitamin B2: 0.61mg (35.65%), Vitamin B12: 1.74µg (29.03%), Potassium: 800.42mg (22.87%), Iron: 2.52mg (14.02%), Magnesium: 53.75mg (13.44%), Vitamin D: 1.91µg (12.7%), Vitamin B5: 1.25mg (12.51%), Copper: 0.24mg (12.19%), Manganese: 0.21mg (10.29%), Vitamin E: 1mg (6.64%), Folate: 9.4µg (2.35%), Calcium: 22.64mg (2.26%), Vitamin C: 1.63mg (1.98%)