



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
- 6 lb ham - smoked bone-in fully cooked
- 0.3 cup pineapple juice

Equipment

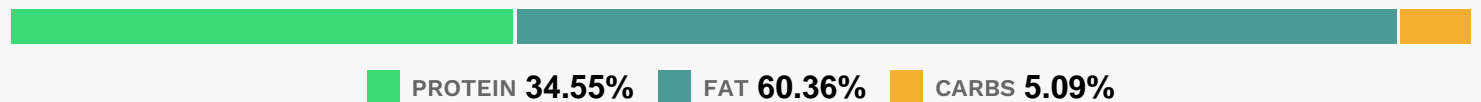
- bowl
- oven
- roasting pan

- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 325F. 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 140F.
- Remove ham from oven, cover with tent of foil and let stand 10 to 15 minutes for easier carving.

Nutrition Facts



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%)