



## Apricot-Glazed Baked Ham

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18 oz apricot preserves
- 1 cup brown sugar packed
- 1 tablespoon flour all-purpose
- 6 lb finely-chopped ham fully-cooked
- 0.5 cup orange juice
- 0.3 cup spicy brown mustard

### Equipment

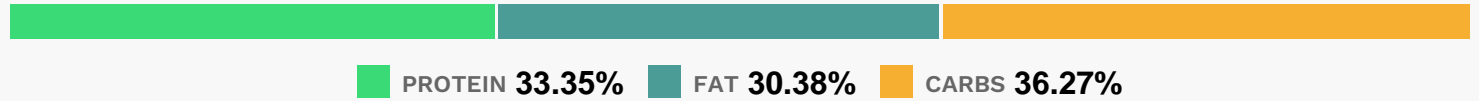
- oven

- roasting pan
- kitchen thermometer

## Directions

- Shake flour in a large oven bag.
- Place ham in bag; set in a roaster pan.
- Combine remaining ingredients, mixing well; pour over ham. Close bag with nylon tie provided; cut 6 to 8 slits in bag.
- Bake at 325 degrees for 2 hours to 2 hours and 20 minutes, or until a meat thermometer inserted into thickest part of ham reads 140 degrees.

## Nutrition Facts



## Properties

Glycemic Index:15.9, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:30.668695391844%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 624.71kcal (31.24%), Fat: 21.08g (32.44%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 56.64g (18.88%), Net Carbohydrates: 56.17g (20.43%), Sugar: 44.62g (49.58%), Cholesterol: 198.67mg (66.22%), Sodium: 3238.58mg (140.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.09g (104.17%), Vitamin B1: 1.47mg (98.08%), Vitamin C: 74.13mg (89.85%), Selenium: 57.55µg (82.22%), Phosphorus: 806.75mg (80.67%), Vitamin B12: 3.84µg (63.96%), Vitamin B3: 9.84mg (49.21%), Zinc: 6.16mg (41.05%), Vitamin B2: 0.67mg (39.44%), Vitamin B6: 0.73mg (36.28%), Potassium: 868.25mg (24.81%), Vitamin B5: 2.46mg (24.61%), Copper: 0.38mg (19.14%), Magnesium: 65.69mg (16.42%), Iron: 2.88mg (15.99%), Manganese: 0.2mg (9.76%), Calcium: 50.19mg (5.02%), Folate: 14.42µg (3.61%), Vitamin A: 133.83IU (2.68%), Fiber: 0.47g (1.86%)