



Baked Burgundy Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



999 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cranberry-apple juice drink divided
- ☐ 3 cups firmly brown sugar dark divided packed
- ☐ 8 pound ham half smoked fully cooked
- ☐ 12 servings garnishes: seckle pears fresh
- ☐ 6 cups water
- ☐ 2 cups burgundy dry red divided

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Place ham in a large Dutch oven.
- ☐ Add water, 1 cup cranberry-apple juice drink, 1 cup wine, 1 cup brown sugar, cinnamon sticks, and cloves.
- ☐ Bring to a boil; cover, reduce heat, and simmer 20 minutes.
- ☐ Remove from heat; cool.
- ☐ Remove ham and marinade from Dutch oven, and place in a large nonmetallic bowl. Cover and chill 8 hours, turning once after 4 hours.
- ☐ Remove ham from marinade; reserve 2 cups marinade, and add 1 cup brown sugar. (Discard remaining marinade.)
- ☐ Place ham in a lightly greased shallow roasting pan.
- ☐ Bake, uncovered, at 325 for 1 1/2 hours, basting ham occasionally with reserved marinade mixture.
- ☐ Bake 20 minutes more or until meat thermometer registers 140, basting ham occasionally with pan juices.
- ☐ Remove ham to a carving board, reserving pan juices.
- ☐ Combine pan juices, remaining 1 cup cranberry-apple juice, 1 cup wine, and 1 cup brown sugar in a saucepan. Bring to a boil; reduce heat, and simmer, uncovered, until sauce thickens slightly and coats the back of a metal spoon (about 40 minutes).
- ☐ Serve sauce with ham.
- ☐ Garnish, if desired.

Nutrition Facts



 PROTEIN **27.24%**  FAT **47.62%**  CARBS **25.14%**

Properties

Glycemic Index:3.4, Glycemic Load:1.87, Inflammation Score:-4, Nutrition Score:28.331304171811%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 6.21mg, Epicatechin: 6.21mg, Epicatechin: 6.21mg, Epicatechin: 6.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 999.16kcal (49.96%), Fat: 50.85g (78.23%), Saturated Fat: 18.12g (113.22%), Carbohydrates: 60.42g (20.14%), Net Carbohydrates: 60.07g (21.84%), Sugar: 57.33g (63.7%), Cholesterol: 187.48mg (62.49%), Sodium: 3612.63mg (157.07%), Alcohol: 4.2g (100%), Alcohol %: 0.95% (100%), Protein: 65.44g (130.88%), Vitamin B1: 1.83mg (121.74%), Selenium: 69.37µg (99.1%), Vitamin B3: 13.6mg (68%), Phosphorus: 653.35mg (65.33%), Vitamin B6: 1.2mg (59.82%), Zinc: 7.09mg (47.26%), Vitamin B2: 0.68mg (39.97%), Vitamin B12: 1.94µg (32.26%), Potassium: 985.04mg (28.14%), Iron: 3.5mg (19.45%), Magnesium: 66.85mg (16.71%), Copper: 0.3mg (15.24%), Vitamin B5: 1.47mg (14.75%), Vitamin D: 2.12µg (14.11%), Manganese: 0.19mg (9.49%), Calcium: 82.01mg (8.2%), Vitamin E: 1.09mg (7.29%), Folate: 11.42µg (2.86%), Fiber: 0.35g (1.38%), Vitamin A: 62.26IU (1.25%), Vitamin C: 0.84mg (1.01%)