



Baked Glazed Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



605 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce apricot preserves
- ☐ 1 tablespoon chili powder
- ☐ 12 ounce coca-cola soft canned
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground cumin
- ☐ 8 pound ham smoked fully cooked trimmed
- ☐ 0.3 cup orange juice

- ☐ 1 tablespoon paprika
- ☐ 2 tablespoons sugar

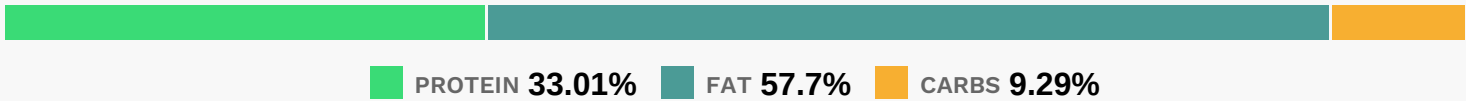
Equipment

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

Directions

- ☐ Combine first 6 ingredients. Score fat on ham in a diamond pattern.
- ☐ Sprinkle ham with sugar mixture, and place in a lightly greased shallow roasting pan.
- ☐ Pour cola into pan.
- ☐ Bake, covered, at 325 for 1 hour. Uncover and bake 15 more minutes.
- ☐ Stir together preserves and orange juice. Spoon 3/4 cup glaze over ham, and bake 15 more minutes or until a meat thermometer inserted into thickest portion registers 14
- ☐ Let stand 15 minutes before slicing.
- ☐ Serve with remaining glaze.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:2.62, Inflammation Score:-4, Nutrition Score:22.207391223182%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 604.9kcal (30.25%), Fat: 38.25g (58.84%), Saturated Fat: 13.59g (84.95%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 13.39g (4.87%), Sugar: 10.08g (11.2%), Cholesterol: 140.61mg (46.87%), Sodium: 2707.55mg (117.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.23g (98.46%), Vitamin B1: 1.37mg (91.42%), Selenium: 51.95µg (74.21%), Vitamin B3: 10.25mg (51.27%), Phosphorus: 492.4mg (49.24%), Vitamin B6: 0.89mg (44.38%), Zinc: 5.33mg (35.51%), Vitamin B2: 0.52mg (30.4%), Vitamin B12: 1.45µg (24.19%), Potassium: 693.34mg (19.81%), Iron: 2.35mg (13.08%), Magnesium: 46.43mg (11.61%), Copper: 0.21mg (10.74%), Vitamin B5: 1.07mg (10.65%), Vitamin D: 1.59µg (10.58%), Vitamin A: 405.09IU (8.1%), Vitamin E: 1.17mg (7.78%), Manganese: 0.11mg (5.61%), Vitamin C: 3.85mg (4.67%), Calcium: 24.87mg (2.49%), Folate: 8.88µg (2.22%), Fiber: 0.46g (1.85%)