



 **99%**  
HEALTH SCORE

## Baked Ham

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



1

CALORIES



6890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 fluid ounce cola-flavored carbonated beverage canned
- 10 pounds ham pre-cooked

## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 275 degrees F. (135 degrees C).
- Remove any visible excess fat from ham.
- Place the ham in a large turkey roasting oven bag and place in a baking dish.
- Pour cola over ham, remove as much air as possible and seal bag.
- Prick a few holes in bag to let steam escape and bake for 4 to 5 hours.
- Pour off excess juice and slice.

## Nutrition Facts

**PROTEIN 51.29%** **FAT 46.67%** **CARBS 2.04%**

### Properties

Glycemic Index:63, Glycemic Load:21.37, Inflammation Score:-10, Nutrition Score:67.910869598389%

### Nutrients (% of daily need)

Calories: 6889.82kcal (344.49%), Fat: 345.71g (531.86%), Saturated Fat: 77.16g (482.23%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 33.92g (12.34%), Sugar: 31.83g (35.37%), Cholesterol: 3311.22mg (1103.74%), Sodium: 52404.11mg (2278.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 28.39mg (9.46%), Protein: 854.82g (1709.63%), Vitamin B1: 24.04mg (1602.69%), Phosphorus: 13280.38mg (1328.04%), Selenium: 898.47µg (1283.53%), Vitamin C: 1056.87mg (1281.05%), Vitamin B12: 63.96µg (1065.94%), Vitamin B3: 161.16mg (805.81%), Zinc: 101.22mg (674.81%), Vitamin B2: 10.8mg (635.03%), Vitamin B6: 11.61mg (580.6%), Vitamin B5: 39.6mg (395.99%), Potassium: 12753.04mg (364.37%), Copper: 5.17mg (258.73%), Magnesium: 952.54mg (238.14%), Iron: 38.95mg (216.36%), Manganese: 2.14mg (106.95%), Folate: 136.08µg (34.02%), Calcium: 279.25mg (27.93%)