

Baked Ham

 **Gluten Free**  **Dairy Free**

READY IN



335 min.

SERVINGS



18

CALORIES



1132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apricot preserves
- 1 cup brown sugar packed
- 3 tablespoons mustard dry
- 5 pound ham bone-in fully-cooked
- 12 pound ham bone-in
- 0.5 cup brown sugar light packed
- 4 cups water or as needed

Equipment

- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place ham in a roasting pan, and press whole cloves into the top at 1 to 2 inch intervals. Pack the top with a layer of brown sugar.
- Pour enough water into the bottom of the roasting pan to come to a 1 inch depth. Cover the pan tightly with aluminum foil or a lid.
- Bake for 4 1/2 to 5 hours in the preheated oven (about 22 minutes per pound), or until the internal temperature of the ham has reached 160 degrees F (72 degrees C). Make sure the meat thermometer is not touching the bone.
- Let stand for about 20 minutes before carving.

Nutrition Facts

PROTEIN 33.38% **FAT 58.51%** **CARBS 8.11%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:35.015217512684%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1132.49kcal (56.62%), Fat: 72.28g (111.2%), Saturated Fat: 25.64g (160.26%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 22.38g (8.14%), Sugar: 20.71g (23.02%), Cholesterol: 265.6mg (88.53%), Sodium: 5095.56mg (221.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 92.78g (185.55%), Vitamin B1: 2.58mg (172.27%), Selenium: 100.02µg (142.89%), Vitamin B3: 19.19mg (95.94%), Phosphorus: 927.35mg (92.74%), Vitamin B6: 1.64mg (82.07%), Zinc: 10.02mg (66.83%), Vitamin B2: 0.95mg (55.96%), Vitamin B12: 2.74µg (45.7%), Potassium: 1263.26mg (36.09%), Iron: 4mg (22.2%), Magnesium: 88.15mg (22.04%), Vitamin D: 3µg (19.99%),

Vitamin B5: 1.99mg (19.93%), Copper: 0.39mg (19.33%), Vitamin E: 1.61mg (10.73%), Manganese: 0.1mg (5.14%), Calcium: 51.2mg (5.12%), Folate: 14.99µg (3.75%)