



Ingredients

1.3 cups brown sugar packed
2 teaspoons ground mustard dry
3 tablespoons apple cider vinegar
10 pound ham whole
1 serving pineapple rings with cranberries and stars cut from preserved orange peel, optional
1 cloves whole
1 Slices roasted cranberry sauce with thin orange or pineapple slices, optional

Equipment

	oven
	roasting pan
Dii	rections
	Ham labeled "Cook Before Eating"
	Preheat the oven to 325°F.
	Place the ham on a rack in a shallow roasting pan. For a whole 10- to 15-pound ham, allow 18 to 20 minutes per pound; for a half5 to 7 poundsabout 20 minutes per pound; or for a shank or butt portion weighing 3 to 4 pounds, about 35 minutes to the pound. In all cases, cook uncovered until the internal temperature reaches 160°F. For an attractive, quick finish, remove the ham from the oven about 30 minutes before it is done and glaze as directed below.
	II. Ham labeled "Fully Cooked" or "Ready to Eat"
	Preheat the oven to 325°F. To heat the ham, place it on a rack in a shallow roasting pan, and bake uncovered. For a whole ham, allow 15 to 18 minutes to the pound; for a half, 18 to 24 minutes per pound. The ham will be ready when the internal temperature reaches 140°F. To glaze the ham, remove it from the oven about 30 minutes before it is done, and increase the oven heat to 425°F.
	Remove all the rind but a collar around the shank bone. Slash the fat in the top of the ham in a diamond pattern, and cover the surface with brown sugar, dry mustard moistened with cider vinegar, prune juice, wine or ham drippings.
	Stud the fat at the intersections of the diamonds with whole cloves. Or decorate with alternating half pineapple rings studded with cranberries and stars cut from preserved orange peel.
	Return the ham to the oven, reduce the oven heat to 325°F again, and cook about 30 minutes.
	Place on a platter.
	Garnish with:Slices of jellied cranberry sauce topped with thin orange or pineapple slices.
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Nutrition Facts

PROTEIN 32.59% 📕 FAT 57.02% 📒 CARBS 10.39%

Properties

Glycemic Index:40, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:72.233913157297%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 12258.51kcal (612.93%), Fat: 762.24g (1172.67%), Saturated Fat: 271.34g (1695.87%), Carbohydrates: 312.62g (104.21%), Net Carbohydrates: 311.42g (113.24%), Sugar: 303.26g (336.95%), Cholesterol: 2812.27mg (937.42%), Sodium: 53929.73mg (2344.77%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 980.32g (1960.65%), Vitamin B1: 27.3mg (1820.2%), Selenium: 1041.79µg (1488.27%), Vitamin B3: 202.92mg (1014.61%), Phosphorus: 9757.89mg (975.79%), Vitamin B6: 17.38mg (869.11%), Zinc: 105.61mg (704.04%), Vitamin B2: 10.05mg (591.03%), Vitamin B12: 29.03µg (483.83%), Potassium: 13444.49mg (384.13%), Iron: 42.26mg (234.8%), Magnesium: 907.08mg (226.77%), Vitamin D: 31.75µg (211.68%), Vitamin B5: 21.15mg (211.5%), Copper: 3.95mg (197.44%), Vitamin E: 17.08mg (113.87%), Manganese: 1.19mg (59.36%), Calcium: 577.91mg (57.79%), Folate: 146.16µg (36.54%), Fiber: 1.2g (4.78%), Vitamin K: 1.3µg (1.24%), Vitamin C: 0.95mg (1.15%)