



Baked Ham



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



12259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

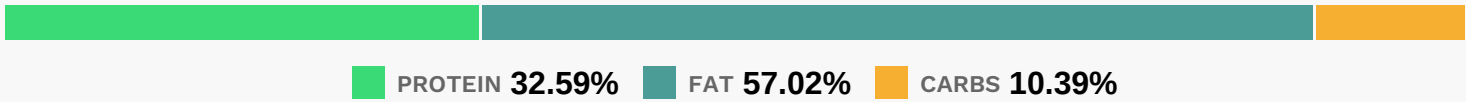
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ 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 half--5 to 7 pounds--about 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



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 Luteolin: 0.01mg, Luteolin: 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 Quercetin: 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 %: 0% (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%)