

Baked Ham

 Gluten Free  Dairy Free  Low Fod Map

READY IN



335 min.

SERVINGS



18

CALORIES



781 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar packed
- 12 pound ham bone-in

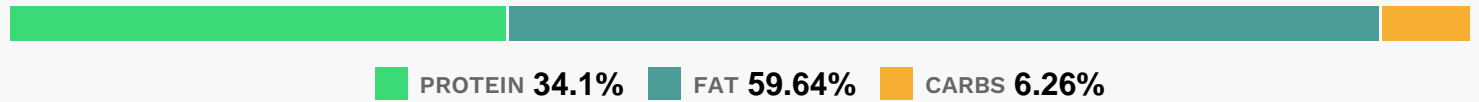
Equipment

- 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



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:26.854782415473%

Nutrients (% of daily need)

Calories: 781.26kcal (39.06%), Fat: 50.71g (78.02%), Saturated Fat: 18.08g (113.02%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 11.99g (4.36%), Sugar: 11.86g (13.17%), Cholesterol: 187.48mg (62.49%), Sodium: 3592.85mg (156.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.24g (130.48%), Vitamin B1: 1.82mg (121.16%), Selenium: 68.79µg (98.27%), Vitamin B3: 13.5mg (67.52%), Phosphorus: 647.61mg (64.76%), Vitamin B6: 1.15mg (57.71%), Zinc: 7.02mg (46.79%), Vitamin B2: 0.67mg (39.31%), Vitamin B12: 1.94µg (32.26%), Potassium: 881.1mg (25.17%), Iron: 2.72mg (15.1%), Magnesium: 58.56mg (14.64%), Vitamin D: 2.12µg (14.11%), Vitamin B5: 1.4mg (13.98%), Copper: 0.26mg (12.84%), Vitamin E: 1.09mg (7.26%), Calcium: 31.31mg (3.13%), Manganese: 0.05mg (2.51%), Folate: 9.19µg (2.3%)