



Baked Ham with Balsamic Brown Sugar Glaze

 Gluten Free  Dairy Free

READY IN



160 min.

SERVINGS



12

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pound ham smoked gluten-free bone-in fully cooked
- 1 cup brown sugar packed
- 2 tablespoons apple cider vinegar
- 0.5 teaspoon ground mustard
- 1 slices cranberry-orange relish
- 1 serving maraschino cherries

Equipment

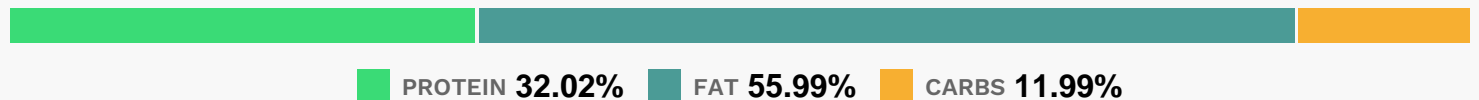
- frying pan

- oven
- roasting pan
- kitchen thermometer

Directions

- Heat oven to 325°F.
- Place ham, fat side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of ham and does not touch bone or rest in fat. Cover loosely and bake 1 hour 15 minutes to 2 hours 15 minutes or until thermometer reads 135°F (13 to 17 minutes per pound).
- About 20 minutes before ham is done, remove from oven.
- Pour drippings from pan.
- Remove any skin from ham.
- Mix brown sugar, vinegar and mustard; pat or brush on ham.
- Bake uncovered 20 minutes longer.
- Cover ham loosely and let stand about 10 minutes or until thermometer reads 140°F.
- Garnish with orange slices and cherries.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:21.076956806866%

Flavonoids

Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 622.97kcal (31.15%), Fat: 38.07g (58.56%), Saturated Fat: 13.56g (84.78%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 18.29g (6.65%), Sugar: 18.07g (20.08%), Cholesterol: 140.61mg (46.87%), Sodium: 2697.36mg (117.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.98g (97.95%), Vitamin B1: 1.36mg (90.98%), Selenium: 51.89µg (74.12%), Vitamin B3: 10.14mg (50.72%), Phosphorus: 487.14mg (48.71%), Vitamin B6: 0.87mg

(43.52%), Zinc: 5.28mg (35.17%), Vitamin B2: 0.5mg (29.52%), Vitamin B12: 1.45µg (24.19%), Potassium: 677.66mg (19.36%), Iron: 2.12mg (11.77%), Magnesium: 45.31mg (11.33%), Vitamin B5: 1.06mg (10.64%), Vitamin D: 1.59µg (10.58%), Copper: 0.2mg (9.94%), Vitamin E: 0.82mg (5.49%), Calcium: 32.18mg (3.22%), Manganese: 0.05mg (2.6%), Folate: 7.47µg (1.87%)