



## Baked Ham with Bourbon Glaze

 Dairy Free

READY IN



110 min.

SERVINGS



14

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bourbon
- 2 tablespoons dijon mustard
- 6 lb semiboneless ham smoked fully cooked
- 1 cup honey
- 0.5 cup blackstrap molasses
- 0.3 cup orange juice

### Equipment

- sauce pan

- oven
- whisk
- roasting pan
- kitchen thermometer
- microwave

## Directions

- Preheat oven to 32
- Microwave honey and molasses in a 1-qt. microwave-safe dish at HIGH 1 minute; whisk until blended.
- Whisk in bourbon, orange juice, and mustard.
- Remove skin and excess fat from ham, and place ham in a roasting pan.
- Bake at 325 on lower oven rack 1 1/2 to 2 hours or until a meat thermometer inserted into thickest portion registers 140, basting occasionally with honey mixture.
- Transfer ham to a serving platter, reserving drippings.
- Bring drippings and remaining honey mixture to a boil in a small saucepan. Boil 1 to 2 minutes.
- Remove from heat, and serve with sliced ham.

## Nutrition Facts



## Properties

Glycemic Index:13.95, Glycemic Load:14.6, Inflammation Score:-3, Nutrition Score:20.058260849556%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 604kcal (30.2%), Fat: 32.69g (50.3%), Saturated Fat: 11.63g (72.71%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 29.37g (10.68%), Sugar: 29.27g (32.53%), Cholesterol: 120.53mg (40.18%), Sodium: 2336.61mg (101.59%), Alcohol: 2.86g (100%), Alcohol %: 1.48% (100%), Protein: 42.13g (84.25%), Vitamin B1: 1.18mg (78.79%),

Selenium: 47.2µg (67.42%), Vitamin B3: 8.84mg (44.22%), Phosphorus: 424.12mg (42.41%), Vitamin B6: 0.83mg (41.42%), Zinc: 4.62mg (30.78%), Vitamin B2: 0.44mg (26.01%), Potassium: 756.53mg (21.62%), Vitamin B12: 1.24µg (20.74%), Magnesium: 68.06mg (17.02%), Iron: 2.41mg (13.37%), Manganese: 0.24mg (12.09%), Copper: 0.23mg (11.7%), Vitamin B5: 1.02mg (10.16%), Vitamin D: 1.36µg (9.07%), Vitamin E: 0.71mg (4.73%), Calcium: 41.57mg (4.16%), Vitamin C: 2.34mg (2.84%), Folate: 7.79µg (1.95%)