



## Baked Ham with Bourbon Glaze

 Dairy Free

READY IN



100 min.

SERVINGS



14

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bourbon
- 2 tablespoons dijon mustard
- 6 pound ham half smoked
- 1 cup honey
- 0.5 cup blackstrap molasses
- 0.3 cup orange juice
- 14 servings garnish: herb sprigs fresh

### Equipment

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

## Directions

- Microwave honey and molasses in a 1-quart microwave-safe dish at HIGH 1 minute; whisk to blend.
- 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 for 1 1/2 hours or until a meat thermometer inserted into thickest portion registers 140, basting occasionally with honey mixture.
- Bring drippings and remaining glaze to a boil in a small saucepan.
- Remove from heat, and serve with sliced ham.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.16, Glycemic Load:14.65, Inflammation Score:-8, Nutrition Score:8.6326087335044%

## 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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 325.08kcal (16.25%), Fat: 7.11g (10.94%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 29.67g (10.79%), Sugar: 29.47g (32.74%), Cholesterol: 93.31mg (31.1%), Sodium: 2389.19mg (103.88%), Alcohol: 2.86g (100%), Alcohol %: 1.47% (100%), Protein: 32.52g (65.04%), Phosphorus: 462.11mg (46.21%), Copper: 0.54mg (27.24%), Zinc: 3.64mg (24.29%), Magnesium: 92.99mg (23.25%), Potassium: 727.63mg (20.79%), Iron: 3.42mg (18.99%), Manganese: 0.23mg (11.59%), Calcium: 51.45mg (5.15%), Vitamin C: 3.94mg (4.78%), Vitamin B6: 0.09mg (4.66%), Selenium: 3.07µg (4.38%), Vitamin B5: 0.13mg (1.32%), Vitamin A: 57.89IU (1.16%), Fiber: 0.29g (1.16%), Vitamin B2: 0.02mg (1.01%)