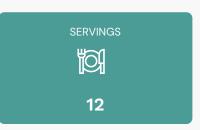


# Baked ham with brown sugar & mustard glaze

airy Free

READY IN

225 min.





SIDE DISH

## Ingredients

Ш	4 kg ham on the bone smoked raw
	90 g brown sugar soft
	6 tbsp wholegrain mustard
	1 leaves cocktail rye bread dark sweet sliced

## **Equipment**

bowl
oven
knife

	alumir	num foil	
Directions			
	Place	the raw ham in a large, clean bucket.	
	Add e twice.	nough water to cover and soak overnight, or up to 24 hrs ahead, changing the water	
	Heat o	oven to 180C/160C fan/gas	
	Drain a	and place the ham in a large roasting tin, cover tightly with foil and bake for 3 hrs.	
	knife, o	ve the ham from the oven and turn the heat up to 200C/180C fan/gas 6.Using a sharp carefully slice the rind off the ham, leaving about 1-2 cm of fat; cut a diamond-shaped in into this. In a small bowl, mix together the sugar and mustard, then rub all over the Roast for 30 mins until the ham is tender and the outside nice and sticky.	
	ham to	to the table on a large platter lined with bay leaves. To serve, cut 1cm-thick slices off the ogen go alongside the rye bread, pickles and mustard sauce (Make your own sauce with our below).	
Nutrition Facts			
		PROTEIN 3.85% FAT 6.62% CARBS 89.53%	

#### **Properties**

Glycemic Index:7.03, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.66434783099786%

#### Nutrients (% of daily need)

Calories: 33.29kcal (1.66%), Fat: 0.26g (0.39%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 7.47g (2.72%), Sugar: 7.38g (8.21%), Cholesterol: Omg (0%), Sodium: 85.1mg (3.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Selenium: 2.67µg (3.81%), Manganese: 0.04mg (1.84%), Fiber: 0.33g (1.31%), Calcium: 11.01mg (1.1%), Magnesium: 4.31mg (1.08%)