



## Baked Ham with Brown Sugar-Orange Glaze

 Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



20

CALORIES



354 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 lb ham smoked bone-in fully cooked
- 0.5 cup brown sugar packed
- 2 tablespoons pineapple juice
- 1 tablespoon ground mustard
- 1 teaspoon orange zest grated

### Equipment

- bowl
- oven

- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Heat oven to 325°F. On rack in shallow roasting pan, place ham. Insert meat thermometer in thickest part of ham.
- Bake uncovered 1 hour 30 minutes or until thermometer reads 135°F to 140°F.
- Meanwhile, in small bowl, mix remaining ingredients.
- Brush glaze over ham during last 45 minutes of baking.
- Remove ham from oven; cover with tent of foil and let stand 10 to 15 minutes for easier carving.

## Nutrition Facts

**PROTEIN 33.93%** **FAT 59.49%** **CARBS 6.58%**

## Properties

Glycemic Index:2.3, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:12.712608690414%

## Nutrients (% of daily need)

Calories: 354.24kcal (17.71%), Fat: 22.95g (35.31%), Saturated Fat: 8.14g (50.9%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.66g (2.06%), Sugar: 5.51g (6.12%), Cholesterol: 84.37mg (28.12%), Sodium: 1616.86mg (70.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.46g (58.91%), Vitamin B1: 0.82mg (54.78%), Selenium: 31.69µg (45.27%), Vitamin B3: 6.1mg (30.48%), Phosphorus: 294.47mg (29.45%), Vitamin B6: 0.52mg (26.12%), Zinc: 3.18mg (21.21%), Vitamin B2: 0.3mg (17.77%), Vitamin B12: 0.87µg (14.51%), Potassium: 401.24mg (11.46%), Iron: 1.26mg (7%), Magnesium: 27.85mg (6.96%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.63mg (6.33%), Copper: 0.12mg (5.95%), Vitamin E: 0.51mg (3.39%), Manganese: 0.04mg (1.93%), Calcium: 15.38mg (1.54%), Folate: 5µg (1.25%)