



Baked Ham with Guava Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons rum dark
- ☐ 1 tablespoon dijon mustard
- ☐ 5 pound less-sodium ham bone-in
- ☐ 0.8 cup guava jelly
- ☐ 1 tablespoon peach nectar

Equipment

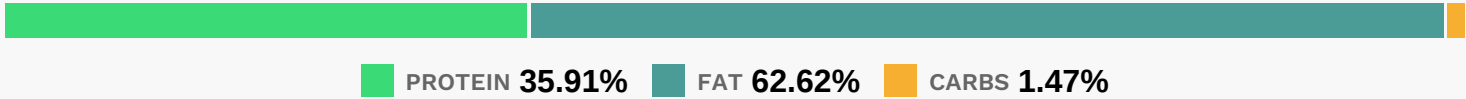
- ☐ oven
- ☐ kitchen thermometer

- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Trim fat and rind from ham. Score outside of ham in a diamond pattern.
- ☐ Place ham on a broiler pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour.
- ☐ Stud ham with cloves, if desired.
- ☐ Combine jelly, rum, nectar, and mustard.
- ☐ Brush ham with jelly mixture.
- ☐ Bake an additional 30 minutes or until meat thermometer registers 140, basting once.
- ☐ Place ham on a platter; cover with foil.
- ☐ Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:11.490434767759%

Nutrients (% of daily need)

Calories: 284.05kcal (14.2%), Fat: 19.11g (29.39%), Saturated Fat: 6.8g (42.5%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.65g (0.72%), Cholesterol: 70.31mg (23.44%), Sodium: 1354.51mg (58.89%), Alcohol: 0.5g (100%), Alcohol %: 0.52% (100%), Protein: 24.65g (49.3%), Vitamin B1: 0.69mg (45.84%), Selenium: 26.03µg (37.19%), Vitamin B3: 5.13mg (25.65%), Phosphorus: 246.04mg (24.6%), Vitamin B6: 0.44mg (21.93%), Zinc: 2.65mg (17.67%), Vitamin C: 14.11mg (17.1%), Vitamin B2: 0.25mg (14.93%), Vitamin B12: 0.73µg (12.1%), Potassium: 351.5mg (10.04%), Magnesium: 23.3mg (5.82%), Iron: 1.02mg (5.64%), Vitamin B5: 0.55mg (5.49%), Copper: 0.11mg (5.47%), Vitamin D: 0.79µg (5.29%), Vitamin E: 0.46mg (3.05%), Folate: 6.49µg (1.62%), Fiber: 0.37g (1.47%), Manganese: 0.03mg (1.43%)