



Baked Ham with Honey-Apricot Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup apricot preserves
- 0.3 teaspoon ground cloves
- 0.5 teaspoon nutmeg
- 1 cup honey
- 6 ounce orange juice concentrate thawed canned
- 0.3 cup soya sauce
- 12 pound ham smoked fully-cooked

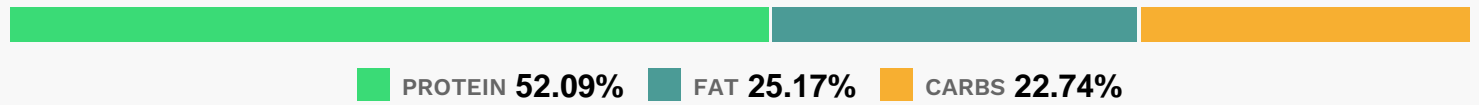
Equipment

- bowl
- oven
- roasting pan

Directions

- Preheat oven to 325 degrees F.
- Place ham on rack in shallow roasting pan.
- Stir together remaining ingredients in medium bowl; set aside.
- Bake ham for 30 minutes; pour glaze over ham and continue to bake until ham is heated through, about a total of 2 1/2 hours. (about 15–18 minutes per pound.)

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:7.32, Inflammation Score:-3, Nutrition Score:10.03565217263%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 345.74kcal (17.29%), Fat: 9.85g (15.16%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 19.85g (7.22%), Sugar: 18.51g (20.56%), Cholesterol: 130.63mg (43.54%), Sodium: 3522.89mg (153.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.87g (91.74%), Phosphorus: 645.27mg (64.53%), Copper: 0.67mg (33.7%), Zinc: 5mg (33.32%), Potassium: 803.35mg (22.95%), Magnesium: 89.54mg (22.39%), Iron: 3.75mg (20.85%), Vitamin C: 12.77mg (15.47%), Calcium: 33.28mg (3.33%), Manganese: 0.05mg (2.75%), Folate: 7.67µg (1.92%), Vitamin B6: 0.03mg (1.74%), Vitamin B1: 0.03mg (1.73%), Vitamin B2: 0.03mg (1.66%), Vitamin B3: 0.27mg (1.34%)