



## Baked Ham with Marmalade-Horseradish Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



1061 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 cup brown sugar packed ()
- ☐ 18 pound ham smoked bone-in fully cooked room temperature
- ☐ 0.3 cup horseradish cream style prepared
- ☐ 2 cups orange juice fresh
- ☐ 1 cup orange marmalade
- ☐ 4 cups water
- ☐ 48 cloves cloves whole ()

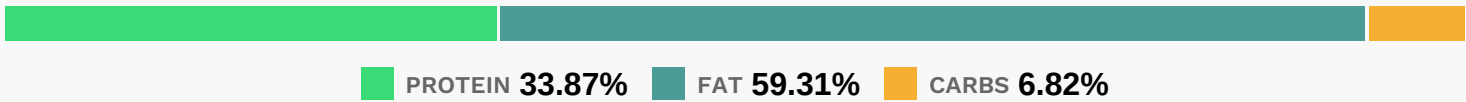
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ roasting pan

## Directions

- ☐ Position rack in bottom third of oven and preheat to 325°F.
- ☐ Place ham on rack set in large roasting pan. Using sharp knife, score ham in diamond pattern. Press 1 clove into center of each diamond.
- ☐ Pour 4 cups water into roasting pan. Roast ham 1 hour 30 minutes.
- ☐ Meanwhile, blend marmalade, horseradish, and sugar in medium bowl.
- ☐ Remove ham from oven.
- ☐ Transfer ham to baking sheet. Discard pan juices. Return ham to roasting pan.
- ☐ Add orange juice to roasting pan.
- ☐ Brush top of ham with 1/3 of marmalade glaze.
- ☐ Bake ham 10 minutes. Baste with orange juice in pan, then brush with half of remaining glaze.
- ☐ Bake ham 10 minutes. Baste with orange juice in pan and brush with remaining glaze. Roast ham until heated through, basting every 5 minutes, about 20 minutes longer.
- ☐ Let ham rest 15 minutes.
- ☐ Transfer to platter.
- ☐ Serve ham hot, warm, or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:4.35, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:38.35913024778%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1060.99kcal (53.05%), Fat: 68.84g (105.91%), Saturated Fat: 24.52g (153.22%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 16.72g (6.08%), Sugar: 14.65g (16.28%), Cholesterol: 253.1mg (84.37%), Sodium: 4877.32mg (212.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 88.46g (176.92%), Vitamin B1: 2.48mg (165.38%), Selenium: 93.08µg (132.97%), Vitamin B3: 18.37mg (91.85%), Phosphorus: 882.01mg (88.2%), Vitamin B6: 1.58mg (78.85%), Manganese: 1.51mg (75.62%), Zinc: 9.58mg (63.84%), Vitamin B2: 0.92mg (54.1%), Vitamin B12: 2.61µg (43.54%), Potassium: 1258.58mg (35.96%), Magnesium: 88.36mg (22.09%), Iron: 3.94mg (21.9%), Vitamin B5: 1.93mg (19.34%), Copper: 0.38mg (19.18%), Vitamin D: 2.86µg (19.05%), Vitamin C: 13.92mg (16.87%), Vitamin E: 1.7mg (11.34%), Folate: 23.46µg (5.87%), Calcium: 57.93mg (5.79%), Fiber: 1.07g (4.3%), Vitamin K: 3.47µg (3.3%), Vitamin A: 63.42IU (1.27%)