



WHATSheATE



Baked Ham with Mustard and Marjoram



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



928 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons marjoram dried
- ☐ 2 tablespoons marjoram dried fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1 teaspoon pepper black
- ☐ 9 pound finely-chopped ham bone-in fully cooked (shank or butt end)
- ☐ 2.5 cups madeira wine
- ☐ 1 cup orange juice

- ☐ 2 tablespoons orange juice concentrate frozen thawed
- ☐ 1.5 cups dijon mustard

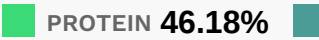
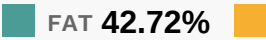
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Mix first 6 ingredients in medium bowl. (Can be prepared 1 day ahead. Cover and refrigerate)
- ☐ Line large roasting pan with double layer of foil. Trim any tough rind and fat from upper side of ham, leaving 1/4-inch-thick layer of fat. Using long sharp knife, score fat in 1-inch-wide diamond pattern.
- ☐ Place ham in prepared pan.
- ☐ Pour Madeira and 1 cup orange juice into bottom of pan.
- ☐ Bake ham until heated through, about 45 minutes.
- ☐ Remove pan from oven. Increase oven temperature to 450°F.
- ☐ Spread mustard mixture generously over top and sides of ham. Return to oven and continue to bake until mustard coating is golden brown, about 35 minutes.
- ☐ Transfer ham to platter. Skim fat from pan juices and discard.
- ☐ Pour pan juices into medium saucepan.
- ☐ Add marjoram and bring to boil. Season sauce to taste with salt and pepper. Slice ham into 1/2-inch-thick slices.
- ☐ Serve with sauce.

Nutrition Facts

 **PROTEIN 46.18%**  **FAT 42.72%**  **CARBS 11.1%**

Properties

Glycemic Index:24.13, Glycemic Load:2.31, Inflammation Score:-8, Nutrition Score:47.822608553845%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 4mg, Hesperetin: 4mg, Hesperetin: 4mg, Hesperetin: 4mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 927.8kcal (46.39%), Fat: 40.61g (62.47%), Saturated Fat: 8.82g (55.11%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 21.22g (7.71%), Sugar: 18.48g (20.53%), Cholesterol: 372.51mg (124.17%), Sodium: 6416.84mg (278.99%), Alcohol: 7.72g (100%), Alcohol %: 1.43% (100%), Protein: 98.76g (197.52%), Vitamin B1: 2.84mg (189.43%), Vitamin C: 141.62mg (171.66%), Selenium: 117.53µg (167.9%), Phosphorus: 1568.09mg (156.81%), Vitamin B12: 7.2µg (119.92%), Vitamin B3: 18.71mg (93.54%), Zinc: 11.85mg (79.02%), Vitamin B2: 1.28mg (75.17%), Vitamin B6: 1.44mg (71.93%), Potassium: 1686.27mg (48.18%), Vitamin B5: 4.74mg (47.44%), Magnesium: 146.79mg (36.7%), Iron: 6.16mg (34.24%), Copper: 0.66mg (33.01%), Manganese: 0.64mg (32.2%), Vitamin K: 14.35µg (13.67%), Calcium: 103.35mg (10.34%), Fiber: 2.53g (10.12%), Folate: 34.53µg (8.63%), Vitamin A: 213.34IU (4.27%), Vitamin E: 0.22mg (1.46%)