



Baked Ham with Mustard-Peach Glaze

 Gluten Free  Dairy Free

READY IN



168 min.

SERVINGS



10

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7.3 ounce dijon mustard (with maille) coarse-grained
- 2 cups peach nectar divided
- 1 cup peach preserves
- 10 servings pears
- 8 pound ham fully cooked

Equipment

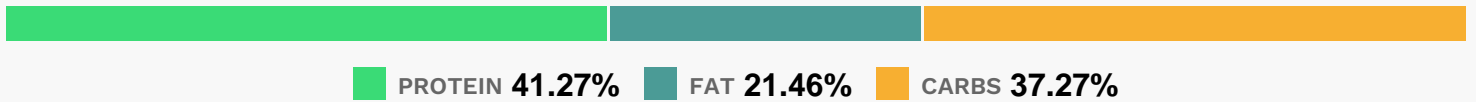
- bowl
- frying pan

- sauce pan
- oven
- knife
- roasting pan
- kitchen thermometer

Directions

- Remove and discard skin from ham. Using a boning knife, score fat on ham 1/8" deep in a diamond pattern.
- Place ham, fat side up, on a lightly greased rack in a shallow roasting pan. Insert a meat thermometer, making sure it does not touch fat or bone.
- Stir together preserves, mustard, and 1 cup peach nectar in a large bowl; pour over ham.
- Bake ham, uncovered, at 350 for 2 hours and 20 minutes or until meat thermometer registers 140, basting with pan juices every 20 minutes.
- Transfer ham to a serving platter.
- Let stand 15 minutes before carving.
- Pour pan drippings into a large saucepan.
- Add remaining 1 cup peach nectar; bring to a boil.
- Serve sauce with ham.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:20.13, Inflammation Score:-5, Nutrition Score:17.159565008205%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin:

6.24mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 585.41kcal (29.27%), Fat: 14.3g (22%), Saturated Fat: 4.54g (28.41%), Carbohydrates: 55.89g (18.63%), Net Carbohydrates: 49.43g (17.98%), Sugar: 39.36g (43.73%), Cholesterol: 174.18mg (58.06%), Sodium: 4650.95mg (202.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.89g (123.78%), Phosphorus: 895.72mg (89.57%), Copper: 1.07mg (53.26%), Zinc: 6.89mg (45.95%), Potassium: 1237.22mg (35.35%), Magnesium: 137.4mg (34.35%), Iron: 5.55mg (30.81%), Fiber: 6.46g (25.84%), Vitamin C: 10.21mg (12.38%), Selenium: 7.98µg (11.4%), Manganese: 0.19mg (9.45%), Vitamin K: 8.21µg (7.82%), Calcium: 74.05mg (7.41%), Vitamin B1: 0.09mg (6.29%), Vitamin B2: 0.09mg (5.3%), Vitamin B6: 0.09mg (4.38%), Folate: 17.31µg (4.33%), Vitamin A: 184.68IU (3.69%), Vitamin E: 0.46mg (3.05%), Vitamin B3: 0.44mg (2.2%), Vitamin B5: 0.18mg (1.84%)