



Baked Ham With Orange Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons firmly brown sugar dark packed
- 3 pound ham canned at room temperature
- 1 tablespoon mustard prepared
- 0.5 cup orange juice
- 1 tablespoon orange rind grated

Equipment

- frying pan
- oven

roasting pan

Directions

- Place ham on rack in a shallow roasting pan.
- Bake, uncovered, at 325 for 30 minutes.
- Score top of ham in a diamond pattern, and stud with cloves.
- Combine orange rind, juice, brown sugar, and mustard; spoon half of mixture over ham.
- Bake 15 minutes.
- Spoon remaining orange mixture over ham.
- Bake an additional 15 minutes, basting frequently with pan drippings.
- Remove ham to a serving platter.
- Garnish with orange slices, if desired. Slice and serve hot.

Nutrition Facts

 **PROTEIN 34.76%**  **FAT 60.68%**  **CARBS 4.56%**

Properties

Glycemic Index:8.4, Glycemic Load:0.66, Inflammation Score:-2, Nutrition Score:13.1995652071%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 346.87kcal (17.34%), Fat: 22.9g (35.23%), Saturated Fat: 8.14g (50.9%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.72g (1.35%), Sugar: 3.39g (3.77%), Cholesterol: 84.37mg (28.12%), Sodium: 1632.56mg (70.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.03%), Vitamin B1: 0.83mg (55.5%), Selenium: 31.45µg (44.92%), Vitamin B3: 6.14mg (30.68%), Phosphorus: 295.16mg (29.52%), Vitamin B6: 0.53mg (26.26%), Zinc: 3.17mg (21.17%), Vitamin B2: 0.31mg (18%), Vitamin B12: 0.87µg (14.51%), Potassium: 420.7mg (12.02%), Vitamin C: 7.02mg (8.51%), Magnesium: 28.29mg (7.07%), Iron: 1.25mg (6.97%), Vitamin B5: 0.66mg (6.56%), Vitamin D: 0.95µg (6.35%), Copper: 0.12mg (6.06%), Vitamin E: 0.5mg (3.34%), Folate: 8.11µg (2.03%), Calcium: 14.79mg (1.48%), Manganese: 0.03mg (1.43%)