



Baked Ham with Pineapple Mustard Glaze

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



1

CALORIES



2983 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar
- 1 tablespoon mustard dry
- 4.5 pound butt-end ham smoked
- 4 ounce maraschino cherries drained
- 0.5 cup pineapple juice
- 15.3 ounce pineapple rings drained canned

Equipment

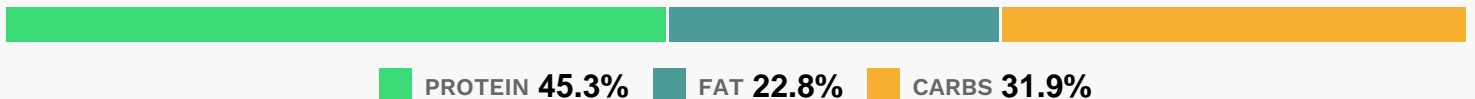
- bowl

- oven
- whisk
- baking pan
- toothpicks
- broiler

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Whisk pineapple juice, brown sugar, and dry mustard in a bowl until brown sugar has dissolved.
- Place ham in a baking dish with cut side down and arrange pineapple rings and maraschino cherries onto the ham; secure with toothpicks if needed. Push cloves into ham and baste ham and fruit with pineapple juice glaze.
- Bake in the preheated oven until glaze has baked onto ham, 1 1/2 to 2 hours; baste with glaze every 30 minutes.
- Turn on oven's broiler.
- Broil ham until the glaze forms a crust and the pineapple slices are browned, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:6.88, Inflammation Score:-9, Nutrition Score:40.530000251272%

Nutrients (% of daily need)

Calories: 2983.36kcal (149.17%), Fat: 76.87g (118.27%), Saturated Fat: 25.17g (157.32%), Carbohydrates: 242g (80.67%), Net Carbohydrates: 231.66g (84.24%), Sugar: 226.64g (251.82%), Cholesterol: 979.76mg (326.59%), Sodium: 24822.68mg (1079.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 343.67g (687.34%), Phosphorus: 4861.38mg (486.14%), Copper: 5.7mg (285.09%), Zinc: 38.26mg (255.07%), Magnesium: 752.11mg (188.03%), Potassium: 6381.59mg (182.33%), Iron: 30.02mg (166.8%), Vitamin C: 52.94mg (64.16%), Calcium: 459.78mg (45.98%), Manganese: 0.85mg (42.5%), Fiber: 10.34g (41.36%), Vitamin B1: 0.57mg (37.72%), Vitamin B6: 0.52mg (26.04%), Selenium: 17.96µg (25.66%), Folate: 55.3µg (13.82%), Vitamin B3: 1.92mg (9.6%), Vitamin B2: 0.13mg (7.87%), Vitamin A: 275.26IU (5.51%), Vitamin K: 5.46µg (5.2%), Vitamin E: 0.52mg (3.48%), Vitamin B5:

0.33mg (3.29%)