



Baked Ham With Spiced Cherry Glaze

 Gluten Free  Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cherry preserves
- 0.5 cup cooking wine dry white (or use water)
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 7 pound ham bone-in skinless fully cooked
- 1 tablespoon creamy horseradish sauce
- 1 juice of lemon grated plus more juice if needed
- 8 servings kosher salt

- 1 tablespoon brown sugar light packed

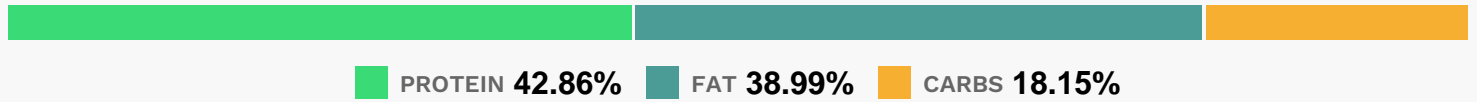
Equipment

- frying pan
- sauce pan
- oven
- knife
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Preheat the oven to 350 degrees F. Line a roasting pan with aluminum foil and spray with cooking spray.
- Score the top and sides of the ham with a small sharp knife in a crisscross pattern.
- Put the ham in the prepared pan, flat-side down, and pour the wine or water into the bottom of the pan. Tent loosely with foil and bake until a thermometer inserted into the center of the ham registers 140 degrees F, about 2 hours.
- Combine the preserves, horseradish sauce, brown sugar, cinnamon, cumin, 1/4 teaspoon salt and the lemon juice in a small saucepan and bring to a boil over medium heat. Cook until the glaze is slightly thickened, 2 to 3 minutes.
- Remove from the heat and stir in the lemon zest; let cool.
- Add more lemon juice to taste, if needed.
- Remove the ham from the oven, uncover and brush with about 1/4 cup of the glaze.
- Bake, uncovered, 20 more minutes, brushing the ham with another 1/4 cup glaze halfway through.
- Remove from the oven, brush with more glaze and transfer to a cutting board.
- Let stand 10 minutes before slicing.
- Serve with the remaining glaze.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:15.96, Inflammation Score:-5, Nutrition Score:38.837826017452%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 730.02kcal (36.5%), Fat: 30.32g (46.65%), Saturated Fat: 6.76g (42.26%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 31.15g (11.33%), Sugar: 22.46g (24.96%), Cholesterol: 289.73mg (96.58%), Sodium: 4800.81mg (208.73%), Alcohol: 1.54g (100%), Alcohol %: 0.42% (100%), Protein: 75.01g (150.01%), Vitamin B1: 2.11mg (140.86%), Vitamin C: 98.15mg (118.97%), Phosphorus: 1171.35mg (117.13%), Selenium: 79.54µg (113.62%), Vitamin B12: 5.6µg (93.27%), Vitamin B3: 14.15mg (70.76%), Zinc: 8.92mg (59.47%), Vitamin B2: 0.98mg (57.68%), Vitamin B6: 1.04mg (51.82%), Vitamin B5: 3.49mg (34.89%), Potassium: 1171.93mg (33.48%), Copper: 0.5mg (24.98%), Magnesium: 87.95mg (21.99%), Iron: 3.74mg (20.77%), Manganese: 0.25mg (12.57%), Folate: 18.59µg (4.65%), Calcium: 38.72mg (3.87%), Fiber: 0.62g (2.48%)