



Baked Ham with Sticky Meyer Lemon-Spice Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



150 min.

SERVINGS



8

CALORIES



906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons ground ginger
- ☐ 6 lbs ham bone-in cooked
- ☐ 5 lemon zest shredded finely
- ☐ 0.8 cup brown sugar light packed

Equipment

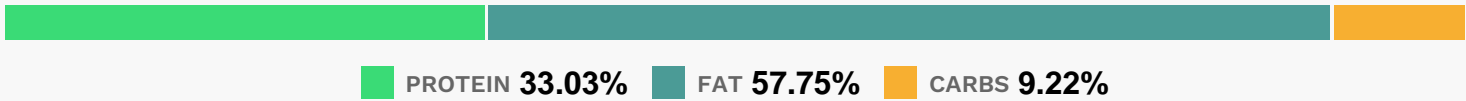
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 35
- ☐ Cut off tough, leatherlike skin from ham (if it has it) and score fat and meat in a crosshatch pattern. Put ham, fat side up, in a large roasting pan and tent loosely with foil.
- ☐ Bake until a thermometer in thickest part of meat reaches 120, about 1 1/2 hours.
- ☐ Meanwhile, make glaze: In a bowl, whisk sugar, zest, juice, and ginger until smooth.
- ☐ Uncover ham and pour glaze over it into pan.
- ☐ Bake ham, uncovered, basting ham and stirring glaze every 10 minutes, until glaze is a thickened, shiny syrup and thermometer in meat reaches 135 to 140, 15 to 30 minutes total.
- ☐ Let ham rest 5 minutes, then brush with glaze and transfer to a cutting board. Scrape remaining glaze into a small bowl. Carve ham and spoon more glaze on top.

Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:29.607826063166%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 906.28kcal (45.31%), Fat: 57.07g (87.79%), Saturated Fat: 20.35g (127.2%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 20.45g (7.44%), Sugar: 20.03g (22.26%), Cholesterol: 210.92mg (70.31%), Sodium:

4043.98mg (175.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.44g (146.88%), Vitamin B1: 2.05mg (136.33%), Selenium: 77.65µg (110.93%), Vitamin B3: 15.23mg (76.15%), Phosphorus: 729.47mg (72.95%), Vitamin B6: 1.3mg (65.18%), Zinc: 7.91mg (52.74%), Vitamin B2: 0.75mg (44.26%), Vitamin B12: 2.18µg (36.29%), Potassium: 1005.37mg (28.72%), Iron: 3.17mg (17.62%), Magnesium: 67.21mg (16.8%), Vitamin D: 2.38µg (15.88%), Vitamin B5: 1.58mg (15.85%), Copper: 0.29mg (14.69%), Manganese: 0.17mg (8.25%), Vitamin E: 1.23mg (8.17%), Calcium: 41.45mg (4.15%), Folate: 10.52µg (2.63%)