



Baked Ham with Sweet Glaze

 Dairy Free  Very Healthy

READY IN



180 min.

SERVINGS



3

CALORIES



4350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 2 tablespoons flour all-purpose
- ☐ 10 pound ham bone-in fully-cooked
- ☐ 0.3 cup honey
- ☐ 10 ounce maraschino cherries drained
- ☐ 2 tablespoons ground mustard dry
- ☐ 20 ounce pineapple chunks drained canned

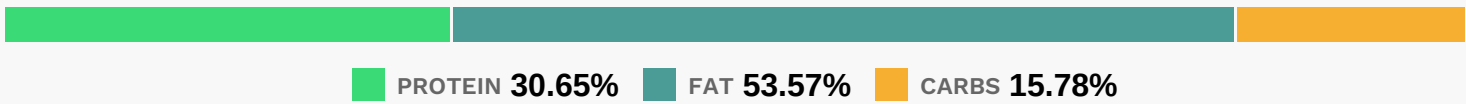
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ skewers

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place ham on a rack set in a roasting pan, and carefully pour about 1/2 inch of boiling water into the pan beneath the ham.
- ☐ Bake the ham in the preheated oven for 2 hours, or until a meat thermometer inserted into the thickest part of the meat (do not touch the bone) reads at least 140 degrees F (60 degrees C.)
- ☐ Reduce oven heat to 350 degrees F (175 degrees C.) In a bowl, mix together the brown sugar, flour, dry mustard, honey, and lemon juice as needed to make a thick, smooth paste.
- ☐ Brush the ham generously with glaze. Skewer 1 pineapple chunk and 1 maraschino cherry per toothpick, and insert the decorated picks all over the ham.
- ☐ Return the ham to the oven, and roast for 15 minutes. Baste the ham, fruit and all, with glaze and juices that have collected in the bottom of the pan, return to the oven, and roast for an additional 15 minutes.
- ☐ Let the ham rest for at least 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:42.42, Glycemic Load:14.9, Inflammation Score:-8, Nutrition Score:63.262608849484%

Nutrients (% of daily need)

Calories: 4349.87kcal (217.49%), Fat: 255.7g (393.39%), Saturated Fat: 90.57g (566.05%), Carbohydrates: 169.44g (56.48%), Net Carbohydrates: 163.2g (59.35%), Sugar: 158.27g (175.86%), Cholesterol: 937.42mg (312.47%), Sodium: 17975.18mg (781.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 329.21g (658.42%), Vitamin B1: 9.36mg (623.77%), Selenium: 356.68µg (509.54%), Vitamin B3: 68.62mg (343.1%), Phosphorus: 3299.79mg (329.98%), Vitamin B6: 5.95mg (297.48%), Zinc: 35.92mg (239.44%), Vitamin B2: 3.43mg (201.69%), Vitamin B12: 9.68µg (161.28%), Potassium: 4730.46mg (135.16%), Magnesium: 344.94mg (86.23%), Iron: 15.39mg (85.5%), Copper: 1.67mg (83.71%), Vitamin B5: 7.14mg (71.36%), Vitamin D: 10.58µg (70.56%), Vitamin E: 5.77mg (38.45%), Calcium: 262.83mg (26.28%), Fiber: 6.24g (24.97%), Vitamin C: 18.24mg (22.11%), Manganese: 0.44mg (22.04%), Folate: 72.82µg (18.2%), Vitamin K: 3.01µg (2.86%), Vitamin A: 138.47IU (2.77%)