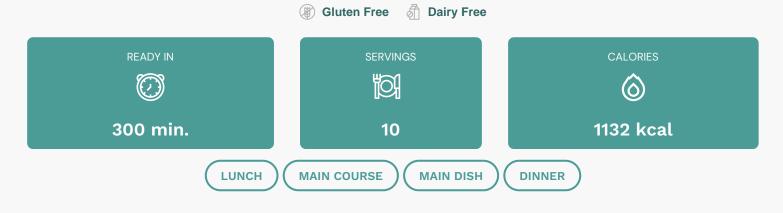


# **Baked Smoked Ham with Mango**



### Ingredients

	10 pound ham smoked bone-in fully cooked room temperature (shank end)
	4 medium onion peeled quartered
	1 cup peach nectar

## **Equipment**

bowl
frying pan
sauce pan
oven

	<u> </u>
	aluminum foil
	slotted spoon
Dii	rections
	Arrange rack in bottom third of oven and preheat to 350°F.
	Trim any tough rind and fat from ham, leaving 1/4-inch-thick layer of fat.
	Transfer ham to roasting pan. Scatter onions and mangos around pan and pour nectar over ham. Cover pan tightly with foil and bake 2 hours.
	Remove foil, increase oven temperature to 400°F, and continue to bake, basting with pan juices occasionally, until ham is lightly browned and mangos and onions are very tender, 30 to 45 additional minutes.
	Transfer ham to carving board. Using slotted spoon, transfer mangos and onions to medium bowl and keep warm.
	Transfer pan juices to small saucepan and set over moderate heat. Simmer, uncovered, until slightly thickened and reduced, about 5 minutes.
	Slice ham and arrange on platter.
	Garnish with mangos and onions and serve, accompanied by pan juices.
	Nutrition Facts
	PROTEIN 35.52% FAT 61.96% CARBS 2.52%

### **Properties**

roasting pan

Glycemic Index:2.7, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:36.958695533483%

#### **Flavonoids**

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

#### Nutrients (% of daily need)

Calories: 1132.O3kcal (56.6%), Fat: 76.25g (117.31%), Saturated Fat: 27.15g (169.7%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.23g (2.26%), Sugar: 4.88g (5.42%), Cholesterol: 281.23mg (93.74%), Sodium: 5388.64mg (234.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 98.35g (196.7%), Vitamin B1: 2.76mg (184.08%), Selenium: 103.24µg (147.48%), Vitamin B3: 20.31mg (101.54%), Phosphorus: 984.19mg (98.42%), Vitamin B6: 1.79mg (89.28%), Zinc: 10.6mg (70.67%), Vitamin B2: 1.02mg (59.89%), Vitamin B12: 2.9µg (48.38%), Potassium: 1368.98mg (39.11%), Magnesium: 91.58mg (22.89%), Iron: 4.06mg (22.53%), Vitamin B5: 2.14mg (21.44%), Vitamin D: 3.18µg (21.17%), Copper: 0.4mg (19.91%), Vitamin E: 1.71mg (11.43%), Manganese: 0.13mg (6.25%), Folate: 22.22µg (5.55%), Calcium: 43.37mg (4.34%), Vitamin C: 3.26mg (3.95%), Fiber: 0.77g (3.09%), Vitamin A: 65.12IU (1.3%)