



Baked Smoked Ham with Mango

 **Gluten Free**  **Dairy Free**

READY IN



300 min.

SERVINGS



10

CALORIES



1132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

- roasting pan
- aluminum foil
- slotted spoon

Directions

- 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

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: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 1132.03kcal (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: Og (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%)