



Baked Virginia Ham

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

READY IN



75 min.

SERVINGS



35

CALORIES



488 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup dijon mustard
- 6 garlic cloves
- 14 pound spiral-cut ham smoked fully cooked
- 1 cup brown sugar light packed
- 8.5 ounces mango chutney
- 0.3 cup orange juice freshly squeezed
- 1 orange zest

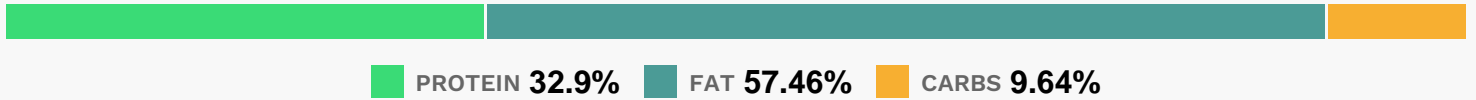
Equipment

- food processor
- oven
- roasting pan

Directions

- Preheat the oven to 350 degrees F.
- Place the ham in a heavy roasting pan.
- Mince the garlic in a food processor fitted with the steel blade.
- Add the chutney, mustard, brown sugar, orange zest, and orange juice and process until smooth.
- Pour the glaze over the ham and bake for 1 hour, until the ham is fully heated and the glaze is well browned.
- Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.83, Glycemic Load:2.72, Inflammation Score:-1, Nutrition Score:17.247391175803%

Flavonoids

Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 487.98kcal (24.4%), Fat: 30.56g (47.01%), Saturated Fat: 10.86g (67.88%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 11.26g (4.09%), Sugar: 9.64g (10.71%), Cholesterol: 112.49mg (37.5%), Sodium: 2196.86mg (95.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.37g (78.74%), Vitamin B1: 1.1mg (73.42%), Selenium: 42.69µg (60.98%), Vitamin B3: 8.14mg (40.69%), Phosphorus: 394.84mg (39.48%), Vitamin B6: 0.7mg (35.18%), Zinc: 4.25mg (28.31%), Vitamin B2: 0.41mg (24.12%), Vitamin B12: 1.16µg (19.35%), Potassium: 544.24mg (15.55%), Iron: 1.73mg (9.6%), Magnesium: 37.42mg (9.36%), Vitamin B5: 0.86mg (8.58%), Vitamin D: 1.27µg (8.47%), Copper: 0.17mg (8.28%), Vitamin E: 0.68mg (4.51%), Manganese: 0.06mg (2.79%), Vitamin C: 2.13mg (2.58%), Calcium: 23.21mg (2.32%), Folate: 7.16µg (1.79%), Fiber: 0.28g (1.12%)