



## Balsamic-Maple Glazed Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



150 min.

SERVINGS



30

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 lb baby carrots
- 0.3 cup balsamic vinaigrette dressing kraft
- 1 Tbsp grey poupon dijon mustard
- 3 Tbsp olive oil
- 0.3 cup pancake syrup
- 2 lb parsnips trimmed peeled cut into 1/2-inch-wide spears
- 7 lb butt end serving smoked bone-in skinless

### Equipment

- frying pan
- oven
- roasting pan
- aluminum foil
- cutting board

## Directions

- Heat oven to 325F.
- Mix dressing, syrup and mustard.
- Place ham, fat-side up, in roasting pan. Diagonally score ham; cover with foil.
- Bake 1 hour.
- Remove foil.
- Brush ham with 1/3 of the glaze.
- Bake, uncovered, 1 hour or until heated through (140F), brushing with remaining glaze every 20 min. Meanwhile, toss parsnips and carrots with oil in large shallow pan.
- Add to oven with ham the last 45 min. of the ham baking time, turning vegetables every time ham is brushed with glaze.
- Remove ham from oven; transfer to cutting board. Tent with foil; let stand 15 min. Meanwhile, increase oven temperature to 425F. Continue to roast vegetables 15 min., turning every 5 min.
- Serve with ham.

## Nutrition Facts



## Properties

Glycemic Index:2.8, Glycemic Load:2.06, Inflammation Score:-9, Nutrition Score:17.882173890653%

## Flavonoids

Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 197.99kcal (9.9%), Fat: 8.34g (12.84%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 7.25g (2.64%), Sugar: 2.6g (2.89%), Cholesterol: 63.61mg (21.2%), Sodium: 115.31mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.35g (40.71%), Vitamin A: 3129.48IU (62.59%), Selenium: 30.78µg (43.98%), Vitamin B1: 0.63mg (41.72%), Vitamin B6: 0.6mg (30.14%), Vitamin B2: 0.43mg (25.31%), Zinc: 3.78mg (25.18%), Vitamin B3: 4.98mg (24.92%), Phosphorus: 242.42mg (24.24%), Vitamin B5: 1.93mg (19.33%), Vitamin B12: 0.96µg (16.05%), Potassium: 526.78mg (15.05%), Manganese: 0.22mg (11.08%), Vitamin K: 9.79µg (9.32%), Iron: 1.67mg (9.27%), Magnesium: 34.61mg (8.65%), Copper: 0.17mg (8.64%), Fiber: 2.16g (8.64%), Vitamin C: 5.73mg (6.95%), Folate: 26.42µg (6.6%), Vitamin E: 0.91mg (6.05%), Vitamin D: 0.63µg (4.23%), Calcium: 33.54mg (3.35%)