



Bone-In Ham Cooked in Beer

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

READY IN



495 min.

SERVINGS



30

CALORIES



756 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 fluid ounce beer canned
- 20 ounce pineapple rings sliced canned
- 20 pounds ham bone-in

Equipment

- oven
- toothpicks
- roasting pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease an 18 quart roasting pan.
- Place the ham, with the fattier side up, in the roaster. Use toothpicks to secure pineapple rings on the ham.
- Pour the beer over the ham.
- Place lid on roasting pan.
- Bake 6 to 8 hours, or until cooked through.
- Remove the pineapple rings and let sit 15 minutes before slicing.

Nutrition Facts

 **PROTEIN 35.68%**  **FAT 62.25%**  **CARBS 2.07%**

Properties

Glycemic Index:1.35, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:27.200000091739%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 756.33kcal (37.82%), Fat: 50.73g (78.05%), Saturated Fat: 18.08g (113.03%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.53g (1.29%), Sugar: 2.7g (2.99%), Cholesterol: 187.48mg (62.49%), Sodium: 3590.56mg (156.11%), Alcohol: 0.92g (100%), Alcohol %: 0.34% (100%), Protein: 65.43g (130.86%), Vitamin B1: 1.84mg (122.52%), Selenium: 68.86µg (98.37%), Vitamin B3: 13.66mg (68.32%), Phosphorus: 651.76mg (65.18%), Vitamin B6: 1.17mg (58.71%), Zinc: 7.04mg (46.91%), Vitamin B2: 0.68mg (39.89%), Vitamin B12: 1.94µg (32.33%), Potassium: 894.67mg (25.56%), Magnesium: 61.71mg (15.43%), Iron: 2.69mg (14.94%), Vitamin D: 2.12µg (14.11%), Vitamin B5: 1.39mg (13.92%), Copper: 0.27mg (13.62%), Vitamin E: 1.09mg (7.28%), Folate: 11.44µg (2.86%), Calcium: 25.14mg (2.51%), Manganese: 0.04mg (2.21%), Vitamin C: 1.78mg (2.15%)