



Bourbon and Orange-Glazed Ham



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



34

CALORIES



72 kcal

BEVERAGE

DRINK

Ingredients



8 cups apple cider



1 bay leaf



4 peppercorns black



0.8 cup bourbon



8.5 pound 3%-less-sodium smoked fully cooked



2 cups orange juice fresh (8 medium oranges)



0.3 teaspoon salt



0.5 cup sorghum syrup

☐ 1 cup water

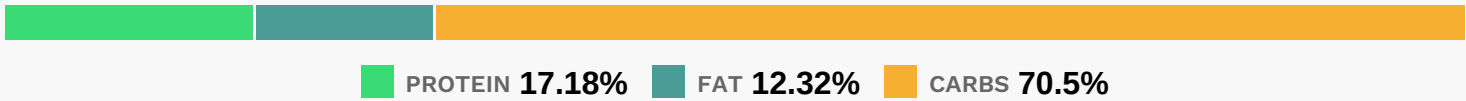
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Place ham in a large stockpot; add cider and enough water to cover ham. Bring to a simmer; simmer 30 minutes. Discard cider mixture; cool ham for 20 minutes. Cover and chill ham 8 hours. Trim rind and most of fat, leaving a 1/4-inch layer of fat. Score outside of ham in a diamond pattern.
- ☐ Combine juice, bourbon, sorghum, peppercorns, and bay leaf in a saucepan; bring to a boil. Reduce heat; simmer until reduced to 1 1/2 cups (about 35 minutes).
- ☐ Remove from heat; stir in salt.
- ☐ Preheat oven to 35
- ☐ Place ham on a rack coated with cooking spray.
- ☐ Pour 1 cup water into a shallow roasting pan; place rack in pan.
- ☐ Brush ham with juice mixture.
- ☐ Bake at 350 for 30 minutes. Reduce oven temperature to 300 (do not remove ham from oven); bake ham an additional 1 1/2 hours or until a thermometer registers 140, brushing with juice mixture every 30 minutes.
- ☐ Let stand for 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:3.29, Inflammation Score:-1, Nutrition Score:2.2913043456071%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 2.62mg, Epicatechin: 2.62mg, Epicatechin: 2.62mg, Epicatechin: 2.62mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 72.09kcal (3.6%), Fat: 0.88g (1.35%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 10.95g (3.98%), Sugar: 6.71g (7.46%), Cholesterol: 0mg (0%), Sodium: 54.06mg (2.35%), Alcohol: 1.77g (100%), Alcohol %: 1.13% (100%), Protein: 2.75g (5.49%), Vitamin C: 7.8mg (9.45%), Vitamin B3: 1.74mg (8.68%), Potassium: 192.95mg (5.51%), Phosphorus: 48.72mg (4.87%), Copper: 0.07mg (3.67%), Vitamin B2: 0.05mg (3.06%), Iron: 0.46mg (2.57%), Manganese: 0.05mg (2.29%), Vitamin B1: 0.03mg (2.12%), Vitamin B12: 0.11µg (1.89%), Magnesium: 5.61mg (1.4%), Vitamin B6: 0.03mg (1.37%), Fiber: 0.32g (1.29%), Calcium: 11.67mg (1.17%), Folate: 4.38µg (1.1%)