



## Bourbon-Glazed Ham

 Gluten Free  Dairy Free

READY IN



580 min.

SERVINGS



12

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup brown sugar packed
- 3 cloves garlic minced
- 5 pound ham boneless
- 0.5 cup honey
- 8 ounce pineapple in juice crushed canned
- 8 ounce pineapple rings canned
- 1.5 cups water
- 0.3 cup bourbon whiskey

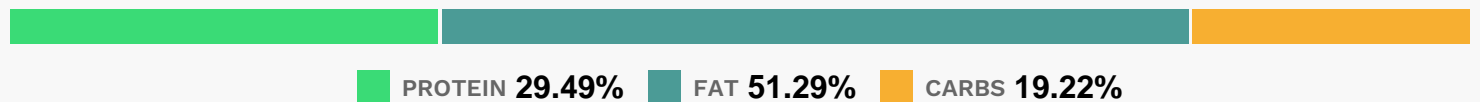
## Equipment

- frying pan
- oven
- baking pan
- toothpicks

## Directions

- Score the surface of the ham, making diamond shapes about 1/2-inch deep.
- Place the ham in a large, resealable bag.
- Add the bourbon, brown sugar, crushed pineapple, honey, and garlic to the bag; refrigerate at least 8 hours, turning the bag over several times while marinating.
- Preheat oven to 350 degrees F (175 degrees C).
- Transfer the ham and marinade to a large baking dish; pour the water into the dish. Attach the pineapple rings around the surface of the ham with toothpicks.
- Bake in preheated oven until the internal temperature reaches 165 degrees F (95 degrees C), basting occasionally with the sauce in the pan, 90 to 105 minutes.

## Nutrition Facts



## Properties

Glycemic Index:8.11, Glycemic Load:6.14, Inflammation Score:-2, Nutrition Score:18.467825936235%

## Flavonoids

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: 577.22kcal (28.86%), Fat: 31.74g (48.83%), Saturated Fat: 11.31g (70.66%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 26.23g (9.54%), Sugar: 25.89g (28.77%), Cholesterol: 117.18mg (39.06%), Sodium: 2248.51mg (97.76%), Alcohol: 2.36g (100%), Alcohol %: 1.04% (100%), Protein: 41.06g (82.12%), Vitamin B1: 1.18mg (78.43%), Selenium: 43.38µg (61.98%), Vitamin B3: 8.57mg (42.87%), Phosphorus: 409.38mg (40.94%), Vitamin B6: 0.76mg

(38.15%), Zinc: 4.47mg (29.8%), Vitamin B2: 0.43mg (25.4%), Vitamin B12: 1.21µg (20.16%), Potassium: 610.01mg (17.43%), Magnesium: 43.17mg (10.79%), Copper: 0.21mg (10.73%), Iron: 1.89mg (10.49%), Vitamin B5: 0.89mg (8.9%), Vitamin D: 1.32µg (8.82%), Vitamin C: 3.86mg (4.68%), Vitamin E: 0.69mg (4.59%), Calcium: 29.98mg (3%), Manganese: 0.06mg (2.83%), Fiber: 0.54g (2.14%), Folate: 7.96µg (1.99%)