



Bourbon-Glazed Ham

 Vegetarian  Gluten Free

READY IN



170 min.

SERVINGS



16

CALORIES



393 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 lb half and half smoked bone-in fully cooked
- 1 cup t brown sugar dark packed
- 2 tablespoons ground mustard
- 0.3 cup apple juice

Equipment

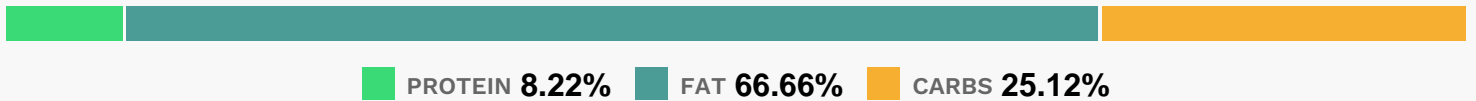
- bowl
- frying pan
- oven

- knife
- toothpicks
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 325°F. Spray shallow roasting pan or 15x10x1-inch pan with cooking spray.
- Place ham, fat side up, on rack in shallow pan. Score outside of ham in diamond pattern; insert cloves into diamond shapes. (To make inserting cloves easier, use small paring knife or toothpick to make small holes before inserting cloves.) Insert ovenproof meat thermometer in thickest part of ham.
- Bake 1 hour.
- In small bowl, stir together brown sugar, mustard and bourbon.
- Brush 1/2 of brown sugar mixture evenly over ham.
- Bake 30 minutes.
- Brush with remaining brown sugar mixture.
- Bake 40 to 50 minutes longer or until thermometer reads 140°F. If pan drippings start to burn, add up to 1/4 cup water to pan.
- Remove ham from oven; cover with foil and let stand 10 to 15 minutes for easier carving.

Nutrition Facts



Properties

Glycemic Index:2.55, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:8.2282608371714%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 392.72kcal (19.64%), Fat: 29.66g (45.64%), Saturated Fat: 17.95g (112.22%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 25.03g (9.1%), Sugar: 24.31g (27.01%), Cholesterol: 89.3mg (29.77%), Sodium: 159.76mg (6.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.47%), Vitamin B2: 0.5mg (29.29%), Calcium: 287.06mg (28.71%), Phosphorus: 250.45mg (25.05%), Vitamin A: 903.53IU (18.07%), Selenium: 10.15µg (14.51%), Potassium: 365.45mg (10.44%), Vitamin B12: 0.48µg (8.08%), Vitamin B5: 0.76mg (7.65%), Magnesium: 30.18mg (7.55%), Zinc: 1.05mg (7.02%), Vitamin B6: 0.14mg (6.87%), Vitamin B1: 0.08mg (5.63%), Vitamin E: 0.68mg (4.55%), Vitamin K: 3.36µg (3.2%), Vitamin C: 2.39mg (2.9%), Folate: 9.21µg (2.3%), Manganese: 0.04mg (1.78%), Copper: 0.04mg (1.78%), Iron: 0.31mg (1.72%), Vitamin B3: 0.34mg (1.69%)