



 **68%**
HEALTH SCORE

Brown Sugar and Pineapple Glazed Ham

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



110 min.

SERVINGS



3

CALORIES



2702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown sugar
- 6 pound ham bone-in fully-cooked
- 1 pineapple fresh
- 12 ounce pineapple juice canned

Equipment

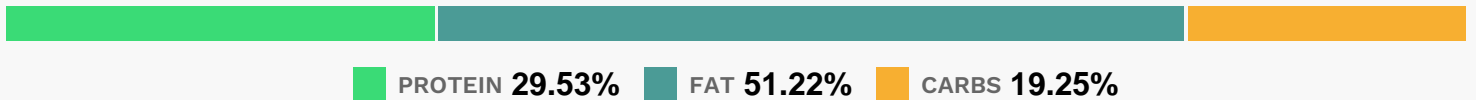
- bowl
- oven
- knife

- toothpicks
- roasting pan
- kitchen thermometer
- microwave

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Place the ham, cut side down, into a roasting pan.
- Cut the skin off the pineapple with a sharp knife and cut out any brown spots of skin left behind. Slice the pineapple into 1/2-inch slices and cut the cores out of the slices. Pin the slices onto the ham with toothpicks.
- Bake ham in the preheated oven until a meat thermometer inserted into the thickest part of the ham reads 140 degrees F (60 degrees C), 1 1/2 to 2 hours.
- While the ham is baking, mix the pineapple juice and brown sugar in a microwave-safe ceramic or glass bowl and microwave on medium power until the glaze is boiling and slightly thickened. Work carefully because the glaze will be sticky and very hot.
- Pour about half the glaze evenly over the ham and pineapple about 1 hour before the end of baking; pour the rest over the ham about 30 minutes before the end of baking.

Nutrition Facts



Properties

Glycemic Index:19.56, Glycemic Load:20.71, Inflammation Score:-8, Nutrition Score:62.799565128658%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 2702kcal (135.1%), Fat: 152.62g (234.8%), Saturated Fat: 54.29g (339.29%), Carbohydrates: 129.1g (43.03%), Net Carbohydrates: 123.41g (44.87%), Sugar: 117.02g (130.02%), Cholesterol: 562.45mg (187.48%), Sodium: 10792.97mg (469.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 197.98g (395.95%), Vitamin B1:

5.81mg (387.08%), Selenium: 207.57µg (296.52%), Vitamin B3: 42.38mg (211.9%), Phosphorus: 1976.38mg (197.64%), Vitamin B6: 3.9mg (195.01%), Vitamin C: 154.86mg (187.7%), Manganese: 2.97mg (148.52%), Zinc: 21.54mg (143.63%), Vitamin B2: 2.13mg (125.01%), Vitamin B12: 5.81µg (96.77%), Potassium: 3161.51mg (90.33%), Copper: 1.24mg (62.03%), Magnesium: 232.17mg (58.04%), Iron: 9.61mg (53.36%), Vitamin B5: 4.89mg (48.85%), Vitamin D: 6.35µg (42.34%), Fiber: 5.7g (22.79%), Vitamin E: 3.35mg (22.33%), Folate: 87.92µg (21.98%), Calcium: 181.73mg (18.17%), Vitamin A: 231.67IU (4.63%), Vitamin K: 2.91µg (2.77%)