



Brown Sugar and Spice-Crusted Ham



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



22

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 cup honey
- ☐ 5 pound 3%-less-sodium smoked bone-in fully cooked

☐ 1 tablespoon orange juice fresh

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 6 ingredients. Trim fat and rind from ham. Rub ham evenly with sugar mixture.
- ☐ Place ham on a broiler pan coated with cooking spray. Cover loosely with foil.
- ☐ Bake at 350 for 1 hour and 15 minutes.
- ☐ Combine honey and juice in a small bowl, stirring with a whisk.
- ☐ Remove foil from ham; brush honey mixture over ham.
- ☐ Bake, uncovered, 30 minutes or until a thermometer registers 14
- ☐ Transfer ham to a platter; let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:1.71, Inflammation Score:-1, Nutrition Score:1.184782601812%

Flavonoids

Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 33.62kcal (1.68%), Fat: 0.66g (1.01%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 5.64g (2.05%), Sugar: 4.42g (4.92%), Cholesterol: 0mg (0%), Sodium: 31.58mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.23%), Vitamin B3: 1.43mg (7.14%), Phosphorus: 32.12mg (3.21%), Copper: 0.06mg (2.87%), Potassium: 97.26mg (2.78%), Vitamin B2: 0.03mg (1.96%), Iron: 0.32mg (1.75%), Vitamin B12: 0.1µg (1.72%), Manganese: 0.03mg (1.51%)