



Brown Sugar-Bourbon Baked Ham

 Dairy Free

READY IN



165 min.

SERVINGS



10

CALORIES



647 kcal

BEVERAGE

DRINK

Ingredients

- 10 servings bay leaf fresh
- 0.8 cup bourbon
- 1 cup coca-cola soft
- 6 lb finely-chopped ham bone-in fully cooked
- 16 oz brown sugar light
- 1 cup spicy brown mustard

Equipment

- frying pan

oven

Directions

Preheat oven to 35

Remove skin from ham, and trim fat to 1/4-inch thickness. Make shallow cuts in fat 3/4 inch apart in a diamond pattern. Insert cloves in centers of diamonds.

Place ham in a lightly greased 13- x 9-inch pan.

Stir together brown sugar and next 3 ingredients; spoon mixture over ham.

Bake at 350 on lowest oven rack 2 hours and 30 minutes, basting with pan juices every 15 to 20 minutes.

Remove ham from oven, and let stand 20 minutes before slicing.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:31.464782624141%

Nutrients (% of daily need)

Calories: 646.51kcal (32.33%), Fat: 21.67g (33.34%), Saturated Fat: 4.71g (29.47%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 47.49g (17.27%), Sugar: 46.47g (51.63%), Cholesterol: 198.67mg (66.22%), Sodium: 3431.35mg (149.19%), Alcohol: 6.01g (100%), Alcohol %: 1.98% (100%), Protein: 52.48g (104.96%), Vitamin B1: 1.49mg (99.38%), Selenium: 62.95µg (89.93%), Phosphorus: 827.61mg (82.76%), Vitamin C: 63.98mg (77.55%), Vitamin B12: 3.84µg (63.96%), Vitamin B3: 9.88mg (49.41%), Zinc: 6.29mg (41.94%), Vitamin B2: 0.67mg (39.36%), Vitamin B6: 0.75mg (37.5%), Vitamin B5: 2.51mg (25.1%), Potassium: 868.56mg (24.82%), Iron: 3.49mg (19.41%), Magnesium: 74.39mg (18.6%), Copper: 0.36mg (17.91%), Manganese: 0.35mg (17.31%), Calcium: 78.48mg (7.85%), Fiber: 1.33g (5.33%), Folate: 12.16µg (3.04%), Vitamin A: 79.53IU (1.59%)