



Brown Sugar-Bourbon-Glazed Ham

 Dairy Free

READY IN



190 min.

SERVINGS



10

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 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

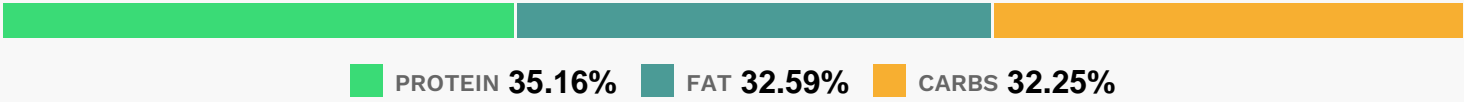
Equipment

- ☐ 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 slowly with pan juices every 15 to 20 minutes.
- ☐ Remove ham from oven, and let stand 20 minutes before slicing, basting occasionally with pan juices.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:30.902609090442%

Nutrients (% of daily need)

Calories: 643.38kcal (32.17%), Fat: 21.58g (33.21%), Saturated Fat: 4.69g (29.33%), Carbohydrates: 48.07g (16.02%), Net Carbohydrates: 47g (17.09%), Sugar: 46.47g (51.63%), Cholesterol: 198.67mg (66.22%), Sodium: 3431.12mg (149.18%), Alcohol: 6.01g (100%), Alcohol %: 1.98% (100%), Protein: 52.4g (104.81%), Vitamin B1: 1.49mg (99.37%), Selenium: 62.92µg (89.89%), Phosphorus: 826.48mg (82.65%), Vitamin C: 63.51mg (76.98%), Vitamin B12: 3.84µg (63.96%), Vitamin B3: 9.86mg (49.31%), Zinc: 6.25mg (41.69%), Vitamin B2: 0.66mg (39.11%), Vitamin B6: 0.73mg (36.63%), Vitamin B5: 2.51mg (25.1%), Potassium: 863.27mg (24.66%), Magnesium: 73.19mg (18.3%), Copper: 0.35mg (17.7%), Iron: 3.06mg (17.02%), Manganese: 0.26mg (13.22%), Calcium: 70.14mg (7.01%), Fiber: 1.07g (4.28%), Folate: 10.36µg (2.59%)