



Brown Sugar Glazed Ham

 **Gluten Free**  **Dairy Free**

READY IN



190 min.

SERVINGS



8

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons apple cider vinegar
- 0.5 cup apple jelly
- 1 tablespoon ginger fresh finely grated
- 2 teaspoons garlic minced
- 7 pound ham smoked fresh
- 0.5 cup brown sugar light packed
- 0.3 cup spicy brown mustard

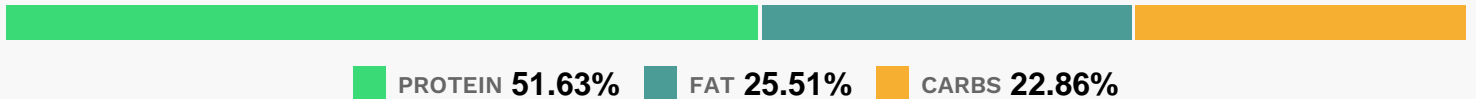
Equipment

- sauce pan
- oven
- roasting pan
- aluminum foil

Directions

- Preheat the oven to 325 degrees F.
- Place the ham in a roasting pan fat-side up. Score the fat with a crisscross pattern. Cook the ham for about 1 hour to allow the scored fat to open up.
- In the meantime, in a small saucepan over medium heat, stir together the brown sugar, apple jelly, mustard, vinegar, ginger and garlic along with 2 tablespoons water. Bring to a simmer and cook for about 2 minutes until it has a smooth syrupy consistency.
- Remove the ham from the oven. Generously brush the ham with half of the glaze.
- Place back in the oven and bake an additional 1 hour and 30 minutes, basting with the remaining glaze every 20 minutes. If the ham starts to get too brown, cover with foil.
- Remove from the oven, cover and allow the ham to rest for 30 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:8.06, Inflammation Score:-3, Nutrition Score:13.617391243253%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 511.99kcal (25.6%), Fat: 14.58g (22.43%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 28.79g (10.47%), Sugar: 24.2g (26.88%), Cholesterol: 190.51mg (63.5%), Sodium: 4915.05mg (213.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.37g (132.75%), Phosphorus: 939.65mg (93.96%), Copper: 0.99mg (49.53%), Zinc: 7.26mg (48.43%), Magnesium: 129.7mg (32.43%), Potassium: 1120.74mg (32.02%), Iron: 5.51mg (30.64%), Calcium: 62.15mg (6.21%), Selenium: 3.35µg (4.79%), Manganese: 0.08mg (3.91%), Vitamin

C: 2.18mg (2.64%), Fiber: 0.6g (2.41%), Vitamin B2: 0.02mg (1.32%), Vitamin B1: 0.02mg (1.32%), Vitamin B6: 0.03mg (1.3%)