



Brown Sugar-Glazed Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



832 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups t brown sugar dark packed
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 teaspoon ground cloves
- ☐ 10 pounds ham bone-in fully-cooked
- ☐ 0.3 cup honey
- ☐ 1 tablespoon orange juice
- ☐ 2 teaspoons orange zest
- ☐ 0.3 cup pineapple juice

☐ 1.5 cups water

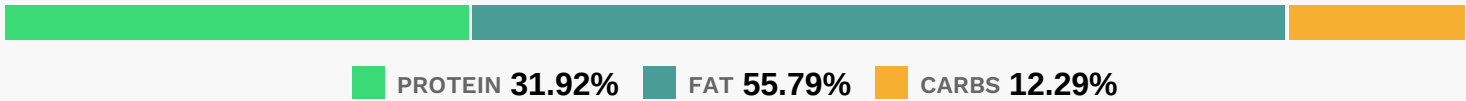
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Place ham in an ungreased large roasting pan; pour water into pan and set aside.
- ☐ In a saucepan over medium heat, whisk together remaining ingredients. Bring to a boil; reduce heat to low and simmer for 5 to 10 minutes.
- ☐ Brush ham with glaze; tent lightly with aluminum foil.
- ☐ Bake at 325 degrees for 2 hours; uncover.
- ☐ Brush ham with glaze.
- ☐ Bake, uncovered, for an additional 30 minutes, brushing with glaze every 10 minutes.
- ☐ Let stand for 15 to 20 minutes; slice to serve.

Nutrition Facts



Properties

Glycemic Index:12.15, Glycemic Load:3.61, Inflammation Score:-2, Nutrition Score:27.437825750074%

Flavonoids

Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 832.25kcal (41.61%), Fat: 50.79g (78.14%), Saturated Fat: 18.09g (113.06%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 25.03g (9.1%), Sugar: 24.62g (27.35%), Cholesterol: 187.48mg (62.49%), Sodium: 3618.26mg

(157.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.39g (130.78%), Vitamin B1: 1.83mg (121.71%), Selenium: 69.62µg (99.45%), Vitamin B3: 13.55mg (67.74%), Phosphorus: 651.02mg (65.1%), Vitamin B6: 1.17mg (58.31%), Zinc: 7.06mg (47.07%), Vitamin B2: 0.67mg (39.66%), Vitamin B12: 1.94µg (32.26%), Potassium: 906.14mg (25.89%), Iron: 2.85mg (15.83%), Magnesium: 61.35mg (15.34%), Vitamin B5: 1.42mg (14.24%), Vitamin D: 2.12µg (14.11%), Copper: 0.27mg (13.6%), Vitamin E: 1.1mg (7.34%), Manganese: 0.12mg (5.75%), Calcium: 40.25mg (4.03%), Folate: 10.92µg (2.73%), Vitamin C: 1.5mg (1.82%)