



Brown Sugar Honey-Crusted Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup firmly brown sugar light packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 2 teaspoons ground nutmeg
- ☐ 8 pound ham half smoked shank end
- ☐ 0.7 cup honey
- ☐ 14 servings garnishes: lady apples and kumquats

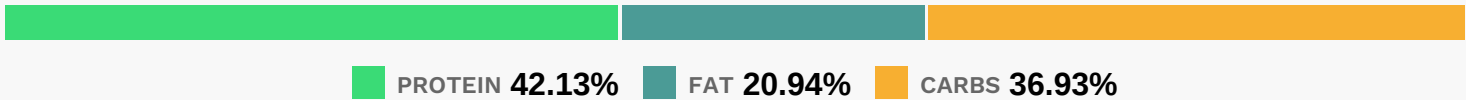
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Remove skin and excess fat from ham.
- ☐ Place ham, fat side up, on a rack in a shallow roasting pan lined with heavy-duty aluminum foil.
- ☐ Bake, uncovered, at 325 for 1 hour and 15 minutes.
- ☐ Remove from oven.
- ☐ Brush honey all over ham.
- ☐ Combine brown sugar and next 3 ingredients; pat sugar mixture over honey, coating ham thoroughly.
- ☐ Bake, uncovered, for 1 more hour or until a meat thermometer inserted into thickest part of ham registers 14
- ☐ Remove to a serving platter.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:9.28, Inflammation Score:-3, Nutrition Score:9.704347855371%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 400.14kcal (20.01%), Fat: 9.56g (14.71%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 36.24g (13.18%), Sugar: 35.34g (39.27%), Cholesterol: 124.41mg (41.47%), Sodium: 3152.76mg (137.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.29g (86.57%), Phosphorus: 612.92mg (61.29%), Copper: 0.66mg (32.8%), Zinc: 4.77mg (31.79%), Potassium: 793.89mg (22.68%), Magnesium: 86.19mg (21.55%), Iron: 3.66mg (20.34%), Manganese: 0.16mg (8.2%), Fiber: 1.72g (6.86%), Calcium: 46.54mg (4.65%), Vitamin C: 2.97mg (3.6%), Vitamin B6: 0.04mg (1.86%), Vitamin K: 1.62µg (1.54%), Vitamin B2: 0.02mg (1.35%)