



Brown Sugar, Mustard-Glazed Ham

 Gluten Free  Dairy Free  Low Fod Map

READY IN



155 min.

SERVINGS



20

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups brown sugar dark
- 1 half ham bone-in sliced
- 0.3 cup mustard dijon-style

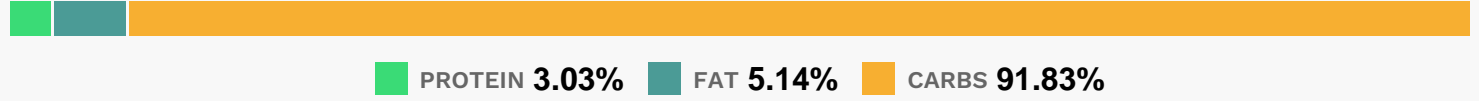
Equipment

Directions

- Prepare and heat ham according to package directions.

- Meanwhile, combine brown sugar and mustard to make glaze.
- Brush glaze on your Cook's brand ham 30 minutes before meat is done.
- Heat ham uncovered for final 30 minutes. Carve ham and serve.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.54000000477485%

Nutrients (% of daily need)

Calories: 57.55kcal (2.88%), Fat: 0.34g (0.52%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 13.52g (4.92%), Sugar: 13.38g (14.87%), Cholesterol: 0.87mg (0.29%), Sodium: 54.71mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Selenium: 1.54µg (2.2%), Calcium: 13.47mg (1.35%), Manganese: 0.02mg (1.1%)