



Cherry Dijon-Glazed Ham

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



45

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup firmly brown sugar dark packed
- 16 oz cherries in syrup dark sweet pitted undrained canned
- 4 tsp cornstarch
- 6 Tbsp grey poupon dijon mustard divided
- 3 lb ham smoked boneless fully cooked
- 1 Tbsp orange juice concentrate frozen thawed
- 0.5 cup red wine

Equipment

sauce pan

oven

Directions

Drain cherries, reserving syrup.

Combine the cherry syrup, wine, sugar, 2 Tbsp. of the mustard, the cornstarch and juice concentrate in small saucepan. Cook on medium-high heat until mixture thickens and starts to boil, stirring constantly.

Remove 1/3 cup of the sauce; reserve for later use. Stir cherries into remaining sauce; cover. Refrigerate until ready to use.

Brush ham with remaining 1/4 cup mustard.

Bake ham as directed on package, brushing occasionally with the reserved 1/3 cup sauce for the last 30 min. of the baking time. Meanwhile, cook cherry sauce on medium-low heat until heated through, stirring occasionally. Carve ham.

Serve ham slices topped with the warm cherry sauce.

Nutrition Facts



Properties

Glycemic Index:1.53, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:3.2317391135122%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin:

0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 89.13kcal (4.46%), Fat: 5.16g (7.94%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.62g (2.91%), Cholesterol: 18.75mg (6.25%), Sodium: 381.43mg (16.58%), Alcohol: 0.28g (100%), Alcohol %: 0.77% (100%), Protein: 6.73g (13.45%), Vitamin B1: 0.19mg (12.62%), Selenium: 7.57µg (10.82%), Phosphorus: 69.88mg (6.99%), Vitamin B3: 1.39mg (6.93%), Vitamin B6: 0.12mg (6.21%), Zinc: 0.73mg (4.84%), Vitamin B2: 0.07mg (4.29%), Potassium: 118.95mg (3.4%), Vitamin B12: 0.19µg (3.23%), Magnesium: 8.36mg (2.09%), Iron: 0.35mg (1.97%), Vitamin B5: 0.17mg (1.69%), Copper: 0.03mg (1.69%), Vitamin C: 1.19mg (1.44%), Vitamin D: 0.21µg (1.41%), Manganese: 0.02mg (1.21%), Fiber: 0.3g (1.21%)