



Chutney-Mustard Glazed Spiral-Cut Ham

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



36 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons dijon honey mustard
- 6.5 pound 3%-less-sodium smoked fully cooked
- 0.5 cup mango chutney

Equipment

- bowl
- oven
- kitchen thermometer
- aluminum foil

broiler pan

Directions

Preheat oven to 32

Place ham on a broiler pan; insert meat thermometer into thickest portion of ham; cover with foil.

Bake at 325 for 90 minutes.

Combine chutney and mustard in a small bowl.

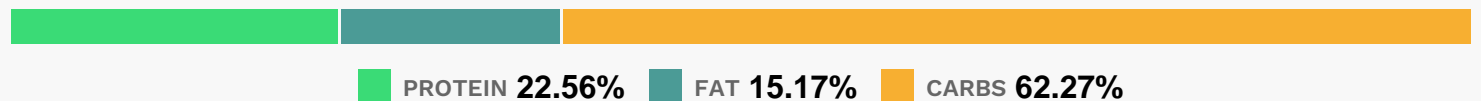
Remove ham from oven; brush chutney over ham.

Bake ham, uncovered, an additional 30 minutes or until thermometer registers 14

Place ham on a platter; let stand 5 minutes before slicing.

Note: Mango chutney can be found in the jams and jellies section of the supermarket.

Nutrition Facts



Properties

Glycemic Index:1.96, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:1.0934782566746%

Nutrients (% of daily need)

Calories: 35.87kcal (1.79%), Fat: 0.64g (0.98%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.81g (2.11%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 38.89mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin B3: 1.44mg (7.22%), Phosphorus: 32.74mg (3.27%), Copper: 0.06mg (2.99%), Potassium: 95.23mg (2.72%), Vitamin B2: 0.04mg (2.13%), Vitamin B12: 0.11µg (1.75%), Iron: 0.25mg (1.39%)