



WHATSheATE



Citrus Glazed Ham



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



10

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon ground pepper
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 cup corn syrup dark light karo®
- ☐ 1 teaspoon ground cinnamon
- ☐ 8 pounds finely-chopped ham bone-in fully cooked
- ☐ 1 teaspoon orange zest spice islands®

Equipment

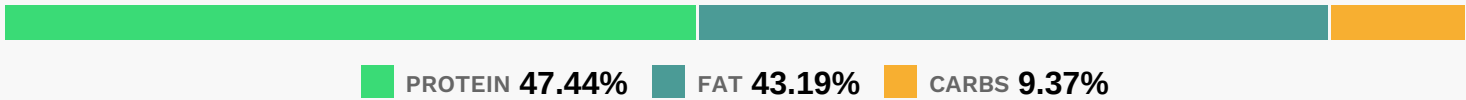
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ SCORE ham at 1-inch intervals with a sharp knife; place in baking dish.
- ☐ ROAST according to manufacturers directions.
- ☐ MIX corn syrup, orange peel, cinnamon, cloves and cayenne pepper in a small bowl.
- ☐ DRIZZLE over ham during the last 30 minutes of roasting.
- ☐ Remove ham from oven; spoon syrup from pan over ham.
- ☐ Let ham rest 20 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:11.91, Inflammation Score:-5, Nutrition Score:36.603043391005%

Nutrients (% of daily need)

Calories: 590.49kcal (29.52%), Fat: 27.67g (42.57%), Saturated Fat: 6.18g (38.61%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 13.35g (4.86%), Sugar: 13.24g (14.71%), Cholesterol: 264.9mg (88.3%), Sodium: 4217.93mg (183.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.39g (136.77%), Vitamin B1: 1.93mg (128.38%), Phosphorus: 1061.81mg (106.18%), Selenium: 72.36µg (103.37%), Vitamin C: 84.85mg (102.85%), Vitamin B12: 5.12µg (85.28%), Vitamin B3: 12.9mg (64.52%), Zinc: 8.11mg (54.04%), Vitamin B2: 0.87mg (50.93%), Vitamin B6: 0.93mg (46.61%), Vitamin B5: 3.17mg (31.74%), Potassium: 1029.99mg (29.43%), Copper: 0.42mg (21.2%), Magnesium: 78.03mg (19.51%), Iron: 3.18mg (17.66%), Manganese: 0.28mg (14.16%), Calcium: 27.84mg (2.78%), Folate: 11.01µg (2.75%)