

Citrus-Glazed Ham



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



14

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slices orange sections
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup dijon mustard
- ☐ 6 lb finely-chopped ham bone-in fully cooked
- ☐ 10 oz orange juice soft
- ☐ 1.3 cups orange marmalade

Equipment

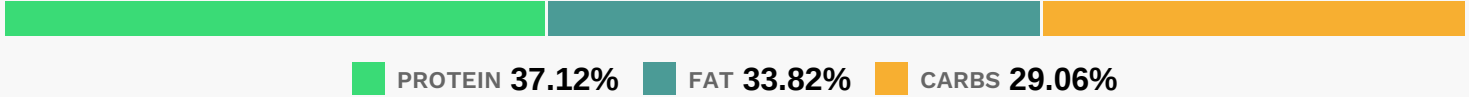
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Remove skin from ham, and trim fat to 1/4-inch thickness. Make 1/4-inch-deep cuts in a diamond pattern, and insert cloves at 1-inch intervals.
- ☐ Place ham in an aluminum foil-lined 13- x 9-inch pan.
- ☐ Stir together soft drink and next 3 ingredients until smooth.
- ☐ Pour mixture evenly over ham.
- ☐ Bake at 350 on lower oven rack 2 hours and 30 minutes, basting with pan juices every 20 minutes.
- ☐ Remove ham; let stand 15 minutes before serving.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Orangina Sparkling Citrus Beverage.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:1.09, Inflammation Score:-4, Nutrition Score:21.994347867111%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.44mg, Hesperetin: 2.44mg, Hesperetin: 2.44mg, Hesperetin: 2.44mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 401.65kcal (20.08%), Fat: 15g (23.08%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 28.57g (10.39%), Sugar: 26.54g (29.48%), Cholesterol: 141.91mg (47.3%), Sodium: 2312.6mg (100.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.1%), Vitamin B1: 1.06mg (70.56%), Vitamin C: 56.85mg (68.9%), Phosphorus: 577.35mg (57.74%), Selenium: 40.29µg (57.56%), Vitamin B12: 2.74µg (45.68%), Vitamin B3: 7.04mg (35.18%), Zinc: 4.39mg (29.25%), Vitamin B2: 0.48mg (28.17%), Vitamin B6: 0.52mg (25.88%), Vitamin B5: 1.76mg (17.64%), Potassium: 614.57mg (17.56%), Copper: 0.26mg (13.16%), Magnesium: 46.47mg

(11.62%), Iron: 1.86mg (10.35%), Manganese: 0.12mg (6.18%), Folate: 14.89µg (3.72%), Calcium: 34.1mg (3.41%), Fiber: 0.43g (1.73%), Vitamin A: 61.53IU (1.23%)