



## Coke and Pineapple Glazed Ham

 **Gluten Free**  **Dairy Free**

READY IN



**180 min.**

SERVINGS



**12**

CALORIES



**1743 kcal**

BEVERAGE

DRINK

### Ingredients

- 2 tablespoon apple cider vinegar
- 1 cup brown sugar
- 1 cup coca-cola
- 12 servings canned tomatoes
- 12 servings mayonnaise
- 1 ham sliced
- 0.3 cup honey
- 0.5 cup catsup

- 1 cup pineapple juice
- 1 tablespoon soya sauce

## Equipment

- sauce pan
- grill
- kitchen thermometer
- aluminum foil

## Directions

- Combine brown sugar, coke, pineapple juice, ketchup, honey, vinegar, and soy sauce in a medium sauce pan. Bring to a boil over medium-high heat, reduce to a simmer, and cook, stirring occasionally until thickened to a syrupy consistency, 20 to 30 minutes.
- Remove from heat and set aside.
- Fire up smoker or grill to 250°F. Wrap ham in heavy duty aluminum foil and place on smoker. Cover and cook until an instant read thermometer registers 100°F when inserted into thickest part of ham, about 2 hours.
- Unwrap ham and brush liberally with glaze. Cover and continue to cook for 15 minutes.
- Brush ham with glaze a second time, cover, and continue to cook until an instant read thermometer registers 120°F when inserted into thickest portion of ham, about 15 minutes more.
- Remove ham from smoker, let rest for 15 minutes, then serve.

## Nutrition Facts

 **PROTEIN 33.73%**  **FAT 58.97%**  **CARBS 7.3%**

## Properties

Glycemic Index:18.02, Glycemic Load:5.39, Inflammation Score:-4, Nutrition Score:44.447391350632%

## Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 1742.97kcal (87.15%), Fat: 112.06g (172.4%), Saturated Fat: 39.9g (249.4%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 31.1g (11.31%), Sugar: 29.53g (32.81%), Cholesterol: 413.49mg (137.83%), Sodium: 8104.35mg (352.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 144.2g (288.4%), Vitamin B1: 4.02mg (268.01%), Selenium: 151.76µg (216.8%), Vitamin B3: 30.01mg (150.05%), Phosphorus: 1436.12mg (143.61%), Vitamin B6: 2.58mg (129.05%), Zinc: 15.54mg (103.59%), Vitamin B2: 1.5mg (88.18%), Vitamin B12: 4.27µg (71.11%), Potassium: 1994.1mg (56.97%), Iron: 6.12mg (34.03%), Magnesium: 132.86mg (33.22%), Vitamin D: 4.67µg (31.11%), Vitamin B5: 3.1mg (30.98%), Copper: 0.59mg (29.46%), Vitamin E: 2.57mg (17.15%), Manganese: 0.23mg (11.7%), Calcium: 67.59mg (6.76%), Folate: 25.07µg (6.27%), Vitamin C: 2.43mg (2.95%), Vitamin A: 56.98IU (1.14%)