

Cola Easter Ham

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

READY IN



170 min.

SERVINGS



3

CALORIES



3661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups brown sugar packed
- 20 ounce pineapple rings with juice reserved drained sliced canned
- 1 cup grape juice
- 8 pound ham boneless

Equipment

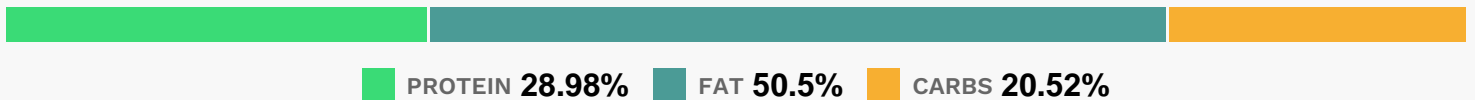
- frying pan
- oven
- knife

roasting pan

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Use a knife to score a diagonal pattern onto the ham with the lines about 1 inch apart.
- Place the ham in a large roasting pan and pat brown sugar over the entire surface. Some will fall into the pan, that's okay.
- Bake the ham in the preheated oven until the sugar is melting off of it, about 30 minutes.
- Remove the ham from the oven and pour the cola, grape juice and juice from the pineapple into the pan. Baste the ham with the mixture and return it to the oven.
- Continue to bake in the preheated oven, basting every 20 minutes, for about 2 hours.
- Cut the pineapple rings in half.
- Remove the ham from the oven and float the pineapple rings in the drippings. Allow the ham to rest for about 10 minutes, then slice and serve with the pineapple and sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:58.327826069749%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 0.86mg, Petunidin: 0.86mg, Petunidin: 0.86mg, Petunidin: 0.86mg Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg Malvidin: 9.42mg, Malvidin: 9.42mg, Malvidin: 9.42mg, Malvidin: 9.42mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 3660.61kcal (183.03%), Fat: 203.16g (312.56%), Saturated Fat: 72.37g (452.31%), Carbohydrates: 185.74g (61.91%), Net Carbohydrates: 183.12g (66.59%), Sugar: 181.19g (201.33%), Cholesterol: 749.94mg (249.98%), Sodium: 14404.88mg (626.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 262.36g (524.72%), Vitamin B1: 7.48mg (498.45%), Selenium: 277.09µg (395.84%), Vitamin B3: 54.77mg (273.85%), Phosphorus: 2619.4mg (261.94%), Vitamin B6: 4.83mg (241.26%), Zinc: 28.35mg (189.03%), Vitamin B2: 2.73mg (160.32%), Vitamin B12: 7.74µg (129.02%), Potassium: 3976.53mg (113.62%), Magnesium: 279.8mg (69.95%), Iron: 12.3mg (68.36%), Copper: 1.29mg (64.51%), Vitamin B5: 5.76mg (57.62%), Vitamin D: 8.47µg (56.45%), Vitamin E: 4.39mg (29.28%), Calcium: 245.92mg (24.59%), Manganese: 0.46mg (23.24%), Vitamin C: 17.85mg (21.64%), Folate: 47.2µg (11.8%), Fiber: 2.63g (10.5%), Vitamin A: 101.25IU (2.02%), Vitamin K: 1.66µg (1.58%)