



Cranberry-Glazed Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



25

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 7 pound 3%-less-sodium smoked fully cooked
- ☐ 1 tablespoon spicy brown mustard
- ☐ 0.5 cup whole-berry cranberry sauce

Equipment

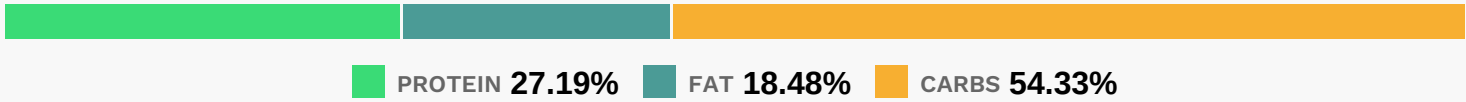
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

☐ broiler pan

Directions

- ☐ Preheat oven to 32
- ☐ Place ham on a broiler pan lined with foil. Insert meat thermometer into thickest portion of pork.
- ☐ Bake at 325 for 1 hour. Score outside of ham in a diamond pattern.
- ☐ Combine cranberry sauce, sugar, and mustard; brush over ham.
- ☐ Bake an additional 35 minutes or until thermometer registers 14
- ☐ Transfer ham to a platter; let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:1.28, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3039130358754%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 35.06kcal (1.75%), Fat: 0.79g (1.22%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 5.14g (1.87%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 45.38mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin B3: 1.75mg (8.75%), Phosphorus: 39.03mg (3.9%), Copper: 0.07mg (3.37%), Potassium: 113.61mg (3.25%), Vitamin B2: 0.04mg (2.33%), Vitamin B12: 0.13µg (2.12%), Iron: 0.31mg (1.72%)