



Cranberry-Glazed Ham

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



160 min.

SERVINGS



20

CALORIES



428 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 7 lb ham bone-in skinless (shank or butt-end serving)
- 1 Tbsp orange zest
- 14 oz berry cranberry sauce whole canned

Equipment

- bowl
- frying pan
- oven

- aluminum foil
- microwave
- cutting board

Directions

- Heat oven to 325F.
- Place ham in shallow pan. Score ham; cover with foil.
- Bake 1-1/2 hours. Meanwhile, microwave remaining ingredients in microwaveable bowl on HIGH 30 to 45 sec. or until cranberry sauce is melted. Reserve 1-3/4 cups cranberry mixture.
- Remove foil from ham.
- Bake, uncovered, 1 hour or until ham is heated through (140F), brushing with remaining cranberry mixture every 20 min.
- Transfer ham to cutting board; cover loosely with foil.
- Let stand 15 min. Slice ham; serve with reserved cranberry mixture.

Nutrition Facts

PROTEIN 32.75% **FAT 59.37%** **CARBS 7.88%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:14.770434884921%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 428.44kcal (21.42%), Fat: 27.74g (42.67%), Saturated Fat: 9.59g (59.96%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 8.04g (2.92%), Sugar: 6.41g (7.12%), Cholesterol: 98.43mg (32.81%), Sodium: 1912mg (83.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.43g (68.85%), Vitamin B1: 0.96mg (63.83%), Selenium: 36.12µg (51.6%), Vitamin B3: 7.1mg (35.52%), Phosphorus: 340.6mg (34.06%), Vitamin B6: 0.61mg (30.33%), Zinc: 3.69mg (24.6%), Vitamin B2: 0.36mg (20.9%), Vitamin B12: 1.02µg (16.93%), Potassium: 460.24mg (13.15%), Iron: 1.47mg (8.14%), Magnesium: 30.63mg (7.66%), Vitamin D: 1.11µg (7.41%), Vitamin B5: 0.73mg (7.27%), Copper: 0.14mg (6.86%), Vitamin E: 0.76mg (5.05%), Manganese: 0.03mg (1.71%), Folate: 5.05µg (1.26%), Calcium: 12.49mg

(1.25%)