



Dijon-Glazed Baked Ham

 Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



26

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup grey poupon dijon mustard
- 5 lb ham boneless fully cooked canned
- 8 oz pineapple in juice crushed drained canned

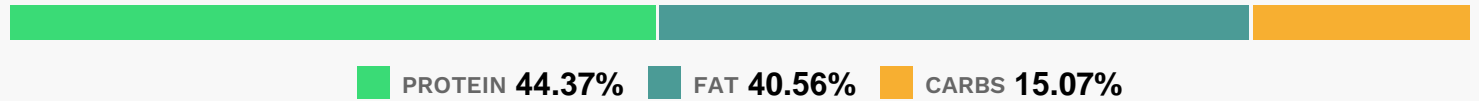
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 325F.
- Place ham in shallow pan.
- Bake 1 hour. After about 45 min., bring remaining ingredients to boil in saucepan; simmer on medium-low heat 5 min., stirring occasionally.
- Spoon 1/2 cup pineapple glaze over ham; bake 40 min. or until ham is heated through (160F). Keep remaining glaze warm.
- Slice ham.
- Serve topped with remaining glaze.

Nutrition Facts



Properties

Glycemic Index:1.23, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:9.531739010759%

Nutrients (% of daily need)

Calories: 152.74kcal (7.64%), Fat: 6.74g (10.37%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 5.42g (1.97%), Sugar: 5.38g (5.98%), Cholesterol: 63.68mg (21.23%), Sodium: 1035.11mg (45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.17%), Vitamin B1: 0.48mg (31.72%), Selenium: 18.17µg (25.96%), Phosphorus: 258.08mg (25.81%), Vitamin C: 21.15mg (25.64%), Vitamin B12: 1.23µg (20.5%), Vitamin B3: 3.14mg (15.71%), Zinc: 1.97mg (13.14%), Vitamin B2: 0.21mg (12.41%), Vitamin B6: 0.23mg (11.66%), Vitamin B5: 0.77mg (7.74%), Potassium: 265.15mg (7.58%), Copper: 0.11mg (5.63%), Magnesium: 21.16mg (5.29%), Iron: 0.83mg (4.63%), Manganese: 0.05mg (2.68%), Calcium: 11.65mg (1.16%)