



Dijon Maple Glazed Spiral Ham

 Dairy Free

READY IN



140 min.

SERVINGS



10

CALORIES



1083 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 servings cornichons
- 0.5 cup brown sugar dark
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 9 pound spiral ham bone-in store bought
- 0.5 cup maple syrup
- 10 servings pumpernickel bread
- 10 servings pickled shallots

- 0.8 cup water
- 2 tablespoons whole-grain dijon mustard
- 10 servings cheeses assorted
- 10 servings mustards assorted
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- 10 servings mustards assorted

Equipment

- sauce pan
- oven
- whisk
- roasting pan
- aluminum foil

Directions

- Preheat oven to 300 degrees F.
- Place ham in a roasting pan and pour about 3/4 cup water into the bottom of pan. Cover with aluminum foil and bake for 1 hour and 40 minutes or until heated through, soft and tender.
- Whisk all ingredients together in a saucepan until smooth and heat over medium-low to medium heat until simmering. Simmer for 2 minutes and remove from heat.
- When ham is heated through, remove the aluminum foil, and pour or brush the glaze over the top to cover completely. Raise oven temperature to 400 degrees F.
- Return the ham to the oven and cook, uncovered, for 20 minutes or until glaze is caramelized and bubbly.
- Let rest for 10 minutes before slicing.
- Serve with desired fixings.

Nutrition Facts

PROTEIN 33.29% **FAT 58.2%** **CARBS 8.51%**

Properties

Glycemic Index:22.95, Glycemic Load:4.25, Inflammation Score:-3, Nutrition Score:35.174347754406%

Nutrients (% of daily need)

Calories: 1082.95kcal (54.15%), Fat: 68.62g (105.56%), Saturated Fat: 24.44g (152.74%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 22.27g (8.1%), Sugar: 20.47g (22.75%), Cholesterol: 253.1mg (84.37%), Sodium: 4902.32mg (213.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.32g (176.64%), Vitamin B1: 2.47mg (164.92%), Selenium: 94.08µg (134.4%), Vitamin B3: 18.29mg (91.44%), Phosphorus: 879.99mg (88%), Vitamin B6: 1.56mg (78.15%), Vitamin B2: 1.11mg (65.42%), Zinc: 9.63mg (64.2%), Vitamin B12: 2.61µg (43.54%), Potassium: 1229.16mg (35.12%), Manganese: 0.48mg (24.1%), Magnesium: 84.49mg (21.12%), Iron: 3.75mg (20.83%), Vitamin D: 2.86µg (19.05%), Vitamin B5: 1.9mg (18.97%), Copper: 0.35mg (17.73%), Vitamin E: 1.49mg (9.92%), Calcium: 59.82mg (5.98%), Folate: 13.89µg (3.47%), Fiber: 0.3g (1.21%)