



Dijon-Marmalade-Glazed Baked Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



10

CALORIES



969 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 8 lb ham bone-in
- ☐ 12 oz orange marmalade

Equipment

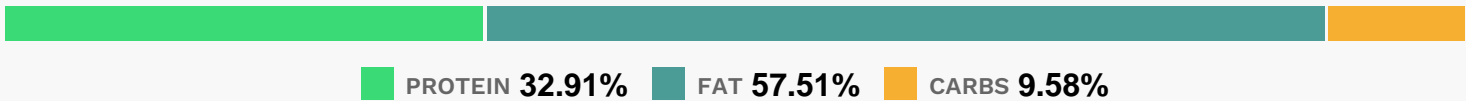
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife

- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F. Line a large baking pan with heavy-duty aluminum foil.
- ☐ Place ham cut side down in center of pan.
- ☐ Trim any rind or excess fat from ham with a sharp knife. Score outside of ham with a sharp knife in a decorative diamond pattern (as shown) and insert a whole clove into each diamond point. Cover pan and ham with more heavy-duty aluminum foil.
- ☐ Bake ham for 1 1/2 hours.
- ☐ Make glaze: Melt orange marmalade in small saucepan over medium heat, stirring occasionally.
- ☐ Whisk in Dijon mustard and 2 Tbsp. water. Bring mixture to a boil and cook for about 10 minutes, until glaze thickens. Set glaze aside.
- ☐ Remove ham from oven and raise oven temperature to 425F.
- ☐ Remove aluminum foil covering ham and brush warm glaze all over ham. Return ham to oven and bake uncovered until glaze caramelizes, about 30 minutes.
- ☐ Remove ham from oven, tent loosely with aluminum foil to keep warm, and let stand for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:31.097825935353%

Nutrients (% of daily need)

Calories: 969.27kcal (48.46%), Fat: 61.06g (93.95%), Saturated Fat: 21.72g (135.72%), Carbohydrates: 22.88g (7.63%), Net Carbohydrates: 22.38g (8.14%), Sugar: 20.5g (22.78%), Cholesterol: 224.98mg (74.99%), Sodium: 4394.84mg (191.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.64g (157.28%), Vitamin B1: 2.19mg (146.29%), Selenium: 84.69µg (120.99%), Vitamin B3: 16.24mg (81.2%), Phosphorus: 784.63mg (78.46%), Vitamin

B6: 1.39mg (69.48%), Zinc: 8.47mg (56.48%), Vitamin B2: 0.81mg (47.92%), Vitamin B12: 2.32µg (38.71%), Potassium: 1059.74mg (30.28%), Iron: 3.31mg (18.37%), Magnesium: 72.61mg (18.15%), Vitamin D: 2.54µg (16.93%), Vitamin B5: 1.68mg (16.82%), Copper: 0.34mg (16.82%), Vitamin E: 1.35mg (8.99%), Calcium: 42.25mg (4.23%), Manganese: 0.08mg (4.18%), Folate: 14.38µg (3.6%), Fiber: 0.51g (2.02%), Vitamin C: 1.66mg (2.01%)