



 **100%**
HEALTH SCORE

Garlic Baked Ham

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



145 min.

SERVINGS



1

CALORIES



9124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 20 cloves garlic peeled
- 0.5 teaspoon ground ginger
- 8 pound ham
- 2 teaspoons ground mustard dry
- 6 ounce pineapple juice canned

Equipment

- bowl

- paper towels
- oven
- knife
- roasting pan
- aluminum foil

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Rinse ham and pat dry with paper towels; arrange ham cut-side down in a shallow roasting pan.
- Make 20 incisions with the point of a knife all over the ham; stuff one garlic clove into each incision.
- Press whole cloves into the ham.
- Cover ham with aluminum foil.
- Bake in the preheated oven for 1 hour and 20 minutes.
- While ham is baking, mix pineapple juice, brown sugar, dry mustard, and ginger in a bowl.
- Remove foil from ham.
- Pour pineapple juice glaze over ham.
- Return ham to oven uncovered and continue baking until glaze thickens, about 45 minutes more. Baste ham every 15 minutes.
- Allow ham to rest 5 to 10 minutes.
- Remove garlic and whole cloves before slicing.

Nutrition Facts



PROTEIN 35.3% **FAT 61.49%** **CARBS 3.21%**

Properties

Glycemic Index:30, Glycemic Load:5.58, Inflammation Score:-10, Nutrition Score:74.934782365094%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 9124.17kcal (456.21%), Fat: 610.52g (939.26%), Saturated Fat: 217.17g (1357.32%), Carbohydrates: 71.71g (23.9%), Net Carbohydrates: 67.61g (24.59%), Sugar: 48.44g (53.82%), Cholesterol: 2249.82mg (749.94%), Sodium: 43092.54mg (1873.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 788.56g (1577.13%), Vitamin B1: 22.13mg (1475.66%), Selenium: 842.09µg (1202.99%), Vitamin B3: 163.09mg (815.47%), Phosphorus: 7904.97mg (790.5%), Vitamin B6: 14.69mg (734.64%), Zinc: 85.34mg (568.93%), Vitamin B2: 8.13mg (478.43%), Vitamin B12: 23.22µg (387.07%), Potassium: 10904.35mg (311.55%), Iron: 33.8mg (187.79%), Magnesium: 749.08mg (187.27%), Copper: 3.42mg (170.76%), Vitamin B5: 17.01mg (170.1%), Vitamin D: 25.4µg (169.34%), Manganese: 1.96mg (97.88%), Vitamin E: 13.35mg (88.99%), Vitamin C: 35mg (42.42%), Calcium: 421.53mg (42.15%), Folate: 126.02µg (31.5%), Fiber: 4.1g (16.4%), Vitamin K: 2.43µg (2.32%), Vitamin A: 91.99IU (1.84%)