



## Ginger Ale-Brown Sugar Smoked Ham

 Dairy Free

READY IN



290 min.

SERVINGS



15

CALORIES



913 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.5 cup bourbon
- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 0.5 teaspoon mustard dry
- ☐ 24 oz cans spicy ginger ale canned
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 teaspoons coarsely ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 lb ready-to-cook smoked bone-in

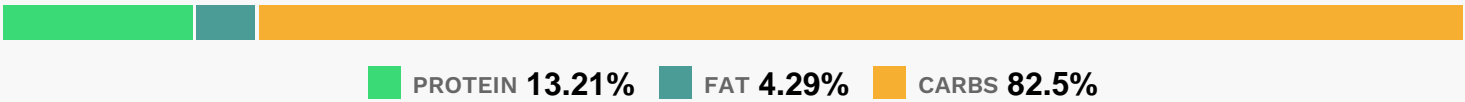
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

## Directions

- ☐ Preheat oven to 32
- ☐ Remove skin from ham, and trim fat to 1/4-inch thickness. Make shallow cuts in fat 1 inch apart in a diamond pattern.
- ☐ Place ham, fat side up, in a roasting pan; add ginger ale and bourbon to pan. Cover loosely with foil.
- ☐ Bake, covered, at 325 for 4 to 4 1/2 hours or until a meat thermometer inserted into ham registers 140, basting with pan juices every 30 minutes.
- ☐ Stir together brown sugar and next 4 ingredients.
- ☐ Remove ham from oven; uncover and sprinkle sugar mixture over ham, lightly pressing mixture into fat.
- ☐ Bake, uncovered, at 325 for 20 to 25 minutes or until crust is browned and a meat thermometer registers 14
- ☐ Transfer ham to a cutting board, and let stand 15 minutes before carving.

## Nutrition Facts



## Properties

Glycemic Index:9.47, Glycemic Load:2.54, Inflammation Score:2, Nutrition Score:2.5608696424119%

## Nutrients (% of daily need)

Calories: 912.93kcal (45.65%), Fat: 4.37g (6.72%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 189.22g (63.07%),  
Net Carbohydrates: 180.49g (65.63%), Sugar: 11.93g (13.26%), Cholesterol: 107.99mg (36%), Sodium: 81.87mg  
(3.56%), Alcohol: 2.67g (100%), Alcohol %: 1.13% (100%), Protein: 30.29g (60.59%), Fiber: 8.72g (34.88%),  
Potassium: 593.4mg (16.95%), Manganese: 0.05mg (2.31%)