

Ginger Glazed Ham

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



300 min.

SERVINGS



8

CALORIES



2004 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar dark soft
- 1 cup chunky ginger preserves
- 7 quarts ginger ale dry
- 0.5 teaspoon ground cloves
- 12 pound joint ham boneless (mild cure)
- 2 tablespoons mustard english hot

Equipment

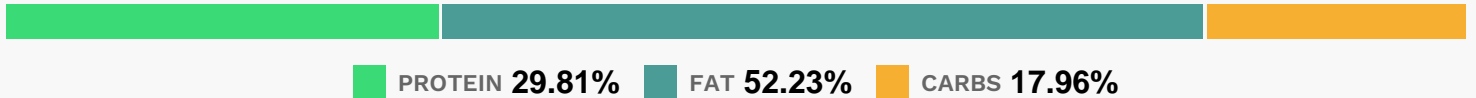
- bowl

- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Place the joint in a large pan over the hob, or burner, and add 7 quarts of dry ginger ale. Bring the pan to the boil then lower the heat slightly so that it keeps bubbling steadily for 4 1/2 hours.
- Towards the end of the 4 1/2 hours, preheat the oven to 425 degrees F and begin the glaze.
- In a bowl, add 1 cup of chunky ginger preserves. Stir in 2 tablespoons of hot English mustard.
- Add 1/2 a cup of soft, dark brown sugar and sprinkle in 1/2 a teaspoon of ground cloves.
- After 4 1/2 hours, gently lift the ham out of the pan and place on a foil-lined baking tray. Carefully cut away the skin, leaving a thin layer of fat. There is no need to score the surface, simply slap on the glaze and place the tray with the ham into the oven for 20 minutes.
- Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:45.98, Inflammation Score:-4, Nutrition Score:45.501739027707%

Nutrients (% of daily need)

Calories: 2004.39kcal (100.22%), Fat: 114.66g (176.4%), Saturated Fat: 40.74g (254.64%), Carbohydrates: 88.73g (29.58%), Net Carbohydrates: 88.45g (32.16%), Sugar: 87.73g (97.48%), Cholesterol: 421.84mg (140.61%), Sodium: 8458.68mg (367.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 147.26g (294.51%), Vitamin B1: 4.09mg (272.82%), Selenium: 155.53µg (222.19%), Vitamin B3: 30.46mg (152.3%), Phosphorus: 1460.79mg (146.08%), Vitamin B6: 2.61mg (130.54%), Zinc: 16.25mg (108.31%), Vitamin B2: 1.51mg (88.71%), Vitamin B12: 4.35µg (72.57%), Potassium: 2023.55mg (57.82%), Iron: 7.59mg (42.19%), Copper: 0.75mg (37.39%), Magnesium: 144.28mg (36.07%), Vitamin D: 4.76µg (31.75%), Vitamin B5: 3.15mg (31.53%), Vitamin E: 2.49mg (16.61%), Manganese: 0.31mg (15.72%), Calcium: 86.59mg (8.66%), Folate: 21.9µg (5.48%), Fiber: 0.28g (1.13%)