



Gingersnap-Crusted Ham with Apricot-Mustard Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups apricot preserves
- ☐ 2 tablespoons apricot preserves
- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons dijon mustard
- ☐ 3 tablespoons dijon mustard
- ☐ 0.5 cup gingersnaps crushed finely (9 cookies,)
- ☐ 0.5 teaspoon ground allspice

- ☐ 8 pound 3%-less-sodium smoked fully cooked
- ☐ 0.5 cup plum brandy dry

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 32
- ☐ To prepare ham, line a broiler pan with foil. Trim fat and rind from ham. Score outside of ham in a diamond pattern.
- ☐ Place ham on prepared pan.
- ☐ Bake at 325 for 1 hour.
- ☐ Remove the ham from oven, and cool slightly. Increase oven temperature to 37
- ☐ Combine 2 tablespoons preserves and 2 tablespoons mustard, stirring with a whisk.
- ☐ Combine the sugar and crumbs.
- ☐ Brush preserves mixture over ham. Carefully press crumb mixture onto preserves mixture (some crumb mixture will fall onto pan).
- ☐ Bake at 375 for 45 minutes or until a thermometer registers 14
- ☐ Place ham on a platter; let stand 15 minutes before slicing.
- ☐ To prepare sauce, combine 1 1/2 cups preserves and remaining ingredients in a small saucepan. Bring to a boil; cook 5 minutes.
- ☐ Serve sauce with ham.

Nutrition Facts



 PROTEIN **13.21%**  FAT **11.12%**  CARBS **75.67%**

Properties

Glycemic Index:3.29, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.2978260831341%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 101.23kcal (5.06%), Fat: 1.28g (1.97%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 19.35g (7.04%), Sugar: 12.69g (14.09%), Cholesterol: 0mg (0%), Sodium: 101.15mg (4.4%), Alcohol: 0.76g (100%), Alcohol %: 0.53% (100%), Protein: 3.42g (6.84%), Vitamin B3: 2.19mg (10.94%), Copper: 0.11mg (5.38%), Phosphorus: 51.86mg (5.19%), Potassium: 166.66mg (4.76%), Iron: 0.65mg (3.59%), Vitamin B2: 0.06mg (3.46%), Manganese: 0.07mg (3.32%), Vitamin B12: 0.15µg (2.52%), Selenium: 1.59µg (2.28%), Vitamin C: 1.48mg (1.79%), Calcium: 17.6mg (1.76%), Magnesium: 5.74mg (1.44%), Zinc: 0.2mg (1.33%), Vitamin B6: 0.02mg (1.24%)