



WHATSheATE



HEALTH SCORE

53%

Glazed Baked Ham



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



10

CALORIES



2046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 8 oz pineapple crushed undrained canned
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon dijon mustard yellow
- ☐ 1 ham smoked bone-in cooked (6 lb)
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon salt

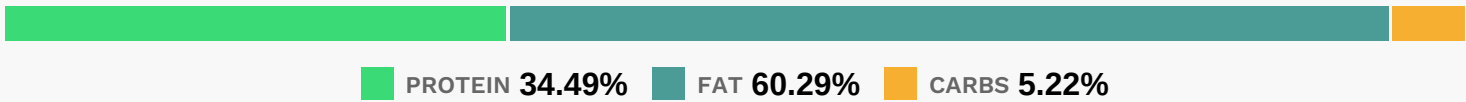
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 325F.
- ☐ Place ham on rack in shallow roasting pan. Insert ovenproof meat thermometer in ham so tip is in center of thickest part of meat and does not touch bone or rest n fat.
- ☐ Bake uncovered 1 hour 30 minutes or until thermometer reads at least 140F.
- ☐ Meanwhile, in 1 -quart saucepan, mix brown sugar, cornstarch and salt. Stir in pineapple, lemon juice and mustard. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
- ☐ Brush glaze over ham during last 45 minutes of baking.
- ☐ Remove ham from oven. Cover loosely with foil; let stand 10 to 15 minutes for easier carving.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:47.292174294591%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 2045.83kcal (102.29%), Fat: 134.24g (206.53%), Saturated Fat: 47.85g (299.04%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 25.75g (9.36%), Sugar: 24.67g (27.41%), Cholesterol: 496mg (165.33%), Sodium: 9577.13mg (416.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 172.78g (345.56%), Vitamin B1: 4.83mg (322.31%), Selenium: 182.49µg (260.7%), Vitamin B3: 35.79mg (178.94%), Phosphorus: 1716.43mg (171.64%), Vitamin B6: 3.07mg (153.42%), Zinc: 18.6mg (124.01%), Vitamin B2: 1.77mg (104.36%), Vitamin B12: 5.12µg (85.33%),

Potassium: 2350.76mg (67.16%), Iron: 7.21mg (40.06%), Magnesium: 158.31mg (39.58%), Vitamin D: 5.6µg (37.33%),
Vitamin B5: 3.69mg (36.93%), Copper: 0.7mg (35.03%), Vitamin E: 2.89mg (19.3%), Calcium: 79.07mg (7.91%),
Manganese: 0.13mg (6.66%), Folate: 26.06µg (6.51%), Vitamin C: 3.3mg (4%), Fiber: 0.38g (1.5%)