

## Glazed Ham

 Gluten Free  Dairy Free

READY IN



520 min.

SERVINGS



12

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup brown sugar
- 1 pinch ground cloves
- 8 pound ham bone-in
- 0.5 cup honey
- 2 tablespoons liquid smoke
- 2 tablespoons worcestershire sauce

### Equipment

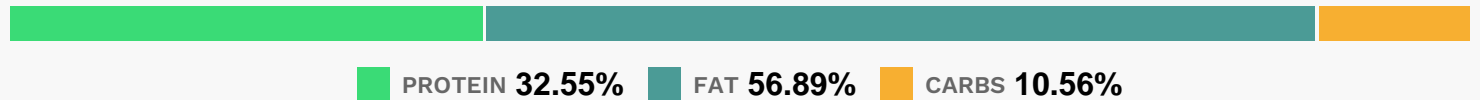
- bowl

- oven
- roasting pan

## Directions

- Preheat the oven to 275 degrees F (135 degrees C).
- Place ham in a roasting pan.
- Pour in water to a 2 inch depth. Cover with a tight fitting lid.
- Bake for 6 to 8 hours in the preheated oven (all day or all night).
- Remove from the oven, pour off drippings and reserve. Debone ham, removing any excess fat as well, and return to the roasting pan.
- Skim fat from the top of the drippings, and discard. In a small bowl, mix one cup of the drippings with honey, brown sugar, liquid smoke, Worcestershire sauce and cloves.
- Pour this over the ham, cover and return to the oven. Remaining drippings may be discarded or reserved for other uses.
- Bake for another 30 to 40 minutes in the preheated oven.
- Let stand for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:4.36, Glycemic Load:6.07, Inflammation Score:-2, Nutrition Score:27.095652319329%

## Nutrients (% of daily need)

Calories: 814.8kcal (40.74%), Fat: 50.71g (78.02%), Saturated Fat: 18.08g (113.02%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 21.15g (7.69%), Sugar: 20.77g (23.08%), Cholesterol: 187.48mg (62.49%), Sodium: 3634.97mg (158.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.28g (130.56%), Vitamin B1: 1.82mg (121.29%), Selenium: 68.88µg (98.4%), Vitamin B3: 13.54mg (67.68%), Phosphorus: 649.77mg (64.98%), Vitamin B6: 1.16mg (57.81%), Zinc: 7.05mg (47.03%), Vitamin B2: 0.68mg (39.84%), Vitamin B12: 1.94µg (32.26%), Potassium: 907.14mg (25.92%), Iron: 2.91mg (16.15%), Magnesium: 58.95mg (14.74%), Vitamin D: 2.12µg (14.11%), Vitamin B5: 1.4mg (14.04%), Copper: 0.27mg (13.3%), Vitamin E: 1.09mg (7.28%), Calcium: 32.71mg (3.27%), Manganese: 0.06mg (3.23%), Folate: 9.67µg (2.42%)