



## Glazed Ham

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



1051 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup apple jelly warmed
- ☐ 0.8 cup bourbon
- ☐ 0.5 cup brown sugar dark packed
- ☐ 2 inch ginger fresh grated peeled
- ☐ 10 pound ham smoked bone-in fully cooked trimmed room temperature (shank end)
- ☐ 2 cups orange juice freshly squeezed
- ☐ 1 orange zest cut into 1/4-inch-thick slices
- ☐ 2 large shallots peeled thinly sliced

- ☐ 3 allspice whole

## Equipment

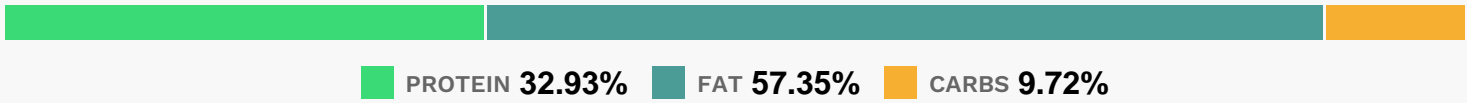
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ toothpicks
- ☐ roasting pan
- ☐ kitchen thermometer

## Directions

- ☐ Position a rack in the lower third of oven and preheat to 325°F.
- ☐ Using a sharp knife, score the fat covering the ham in a 3/4-inch-wide diamond pattern (do not cut into the meat).
- ☐ Place the ham in a 10-by-14-inch roasting pan and add 1 cup water. Roast the ham for 2 hours.
- ☐ While the ham is roasting, prepare the glaze: In a heavy, medium saucepan over moderately low heat, combine 1 cup orange juice, brown sugar, and bourbon. Bring to a simmer and continue simmering for 10 minutes.
- ☐ Add the guava or apple jelly, shallots, allspice, and cloves, and continue simmering until slightly reduced, about 5 minutes.
- ☐ Add the orange zest and the remaining 1 cup orange juice, and bring to a boil. Continue boiling until thickened, about 5 minutes.
- ☐ Add the orange slices and fresh ginger, and cook until the orange slices are tender, about 2 minutes.
- ☐ Once the ham has been in the oven for two hours, drape the glazed orange slices over the ham, securing them with toothpicks, and brush the ham and oranges with about 1/2 cup of glaze, reserving the remainder for serving. Continue roasting the ham until an instant-read thermometer inserted into the thickest part registers 145°F, about 30 minutes.
- ☐ Remove the toothpicks from the ham and arrange the orange slices on a platter. Slice the ham and arrange on top of the oranges. Warm the remaining glaze and serve alongside.

To use this orange glaze on a 12-pound bone-in pork loin, roast the loin in a 350°F oven until an instant-read thermometer inserted into the thickest part registers 145°F, about 1 1/2 hours, adding the oranges and glaze for the last 30 minutes of cooking.

# Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:7.67, Inflammation Score:-5, Nutrition Score:33.796956262187%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 1050.96kcal (52.55%), Fat: 63.5g (97.69%), Saturated Fat: 22.62g (141.37%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 23.72g (8.63%), Sugar: 19.58g (21.76%), Cholesterol: 234.36mg (78.12%), Sodium: 4495.15mg (195.44%), Alcohol: 5.01g (100%), Alcohol %: 1.37% (100%), Protein: 82.03g (164.06%), Vitamin B1: 2.32mg (154.41%), Selenium: 86.31µg (123.3%), Vitamin B3: 17.07mg (85.36%), Phosphorus: 822.73mg (82.27%), Vitamin B6: 1.48mg (73.89%), Zinc: 8.83mg (58.87%), Vitamin B2: 0.86mg (50.66%), Vitamin B12: 2.42µg (40.32%), Potassium: 1208.27mg (34.52%), Vitamin C: 23.67mg (28.7%), Iron: 3.58mg (19.88%), Magnesium: 79.39mg (19.85%), Vitamin B5: 1.84mg (18.4%), Copper: 0.36mg (18.05%), Vitamin D: 2.65µg (17.64%), Vitamin E: 1.4mg (9.34%), Folate: 27.24µg (6.81%), Calcium: 44.95mg (4.5%), Manganese: 0.09mg (4.43%), Fiber: 0.51g (2.03%), Vitamin A: 87.17IU (1.74%)