

DINNER

Glazed Ham with Blackberry Sauce

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
170 min	20 min	150 min	16	\$1.36	668 kcal



Glazed Ham with Blackberry Sauce could be just the gluten free and dairy free recipe you've been looking for. This recipe serves 16. For \$1.36 per serving, this recipe covers 24% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 cup apple cider
- ☐ 2/3 cup seedless blackberry jam
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons Dijon mustard
- ☐ 8 pound smoked, bone-in ham shank, trimmed
- ☐ 1 teaspoon freshly ground black pepper
- ☐ 1 cup seedless blackberry jam
- ☐ 1 tablespoon Dijon mustard
- ☐ ½ cup dry white wine
- ☐ 1 tablespoon fresh lemon juice

EQUIPMENT Bowl, Sauce pan, Oven, Kitchen thermometer, Broiler pan

Method

- 1 Preheat oven to 35
- 2 To prepare ham, combine 2 tablespoons mustard, sugar, 2/3 cup jam, and pepper in a small bowl; spread half of jam mixture over ham.
- 3 Place ham on a broiler pan coated with cooking spray; insert a thermometer into thickest portion of ham.
- 4 Bake at 350 for 2 1/2 hours or until thermometer registers 160, basting with remaining jam mixture occasionally.
- 5 To prepare the sauce, combine the cider and wine in a small saucepan over medium heat; bring to a boil. Stir in 1 cup jam and 1 tablespoon mustard. Reduce heat to low, and cook until jam dissolves, stirring frequently.
- 6 Remove from heat, and stir in juice.
- 7 Serve with ham.

Nutrition per serving

668	49 g	38 g	27 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			13.6 g · 85% of daily needs
Fibre			0.6 g · 2% of daily needs
Sugar			19.5 g · 22% of daily needs
Sodium			2,736 mg · 119% of daily needs
Cholesterol			141 mg · 47% of daily needs
Vitamin C			3.6 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/glazed-ham-with-blackberry-sauce-148280