



Glazed Ham with Dijon-Pineapple Sauce

 **Gluten Free**  **Dairy Free**

READY IN



140 min.

SERVINGS



20

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp cornstarch
- 1 cup brown sugar dark packed
- 0.3 cup grey poupon dijon mustard
- 5 lb ham whole boneless fully cooked
- 12 maraschino cherries halved drained
- 0.5 cup pancake syrup
- 20 oz pineapple in juice crushed undrained canned
- 1 cloves whole

Equipment

- frying pan
- sauce pan
- oven
- knife

Directions

- Heat oven to 350F.
- Mix sugar, syrup and mustard until blended. Use paring knife to make shallow even diagonal cuts across top of ham in one direction. Repeat, making slits in opposite direction to form diamond shapes.
- Insert cloves where cuts meet.
- Place ham on rack in shallow pan.
- Place cherries, cut-sides down, on surface of ham.
- Bake 2 hours or until ham is heated through, brushing occasionally with 1/2 cup syrup mixture after 1-1/2 hours. About 10 min. before ham is done, mix remaining syrup mixture with cornstarch and pineapple in saucepan; bring to boil on medium-high heat, stirring constantly. Cook and stir on medium-low heat 5 min. or until thickened.
- Slice ham.
- Serve with sauce.

Nutrition Facts

 PROTEIN **33.56%**  FAT **31.06%**  CARBS **35.38%**

Properties

Glycemic Index:1.6, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:12.975217418826%

Nutrients (% of daily need)

Calories: 259.48kcal (12.97%), Fat: 8.91g (13.71%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 22.23g (8.08%), Sugar: 15.92g (17.69%), Cholesterol: 83.1mg (27.7%), Sodium: 1355.25mg (58.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.66g (43.33%), Vitamin B1: 0.64mg (42.45%), Vitamin C:

29.1mg (35.27%), Selenium: 23.83µg (34.04%), Phosphorus: 337.85mg (33.78%), Vitamin B12: 1.6µg (26.65%), Vitamin B3: 4.14mg (20.7%), Zinc: 2.59mg (17.28%), Vitamin B2: 0.28mg (16.39%), Vitamin B6: 0.32mg (15.92%), Potassium: 374.08mg (10.69%), Vitamin B5: 1.02mg (10.17%), Copper: 0.19mg (9.4%), Magnesium: 30.87mg (7.72%), Iron: 1.19mg (6.63%), Manganese: 0.09mg (4.33%), Calcium: 24.28mg (2.43%), Fiber: 0.61g (2.42%), Folate: 5.15µg (1.29%)