



Glazed Ham with Pineapple Mustard Sauce



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



10

CALORIES



1061 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 7 ounces dijon mustard
- ☐ 1 tablespoon thyme sprigs fresh finely chopped
- ☐ 8 pound ham smoked cooked (preferably Cook's brand)
- ☐ 3 cups pineapple juice unsweetened (24 fl ounces)
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 sprigs thyme leaves fresh

- ☐ 10 servings vegetable oil for greasing pan

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

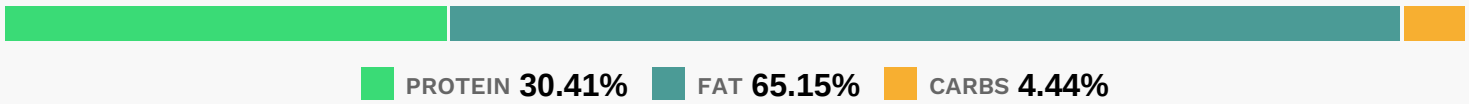
Directions

- ☐ Put oven rack in middle position and preheat oven to 325°F. Oil a large roasting pan.
- ☐ If ham comes wrapped in plastic, rinse ham and pat dry.
- ☐ Cut away and discard any thick skin with a sharp paring knife, leaving a 1-inch band around shank end, then cut away all but about an 1/8-inch layer of fat where possible. Put ham, cut side down, in roasting pan.
- ☐ Pour 3/4 cup pineapple juice around ham and cover pan tightly with foil, then bake 1 hour.
- ☐ While ham is baking, combine sugar and remaining 2 1/4 cups pineapple juice in a 1 1/2- to 2-quart heavy saucepan and gently boil, stirring occasionally, until reduced to 3/4 cup, 12 to 15 minutes.
- ☐ Transfer pineapple syrup to a bowl and cool 5 minutes.
- ☐ Whisk in mustard, salt, and pepper, then pour 1/2 cup into a small bowl and stir in thyme. Reserve remaining mustard mixture for serving.
- ☐ Discard foil from pan and brush ham with thyme mustard mixture, then bake, basting with pan juices occasionally, until thermometer inserted into center of meat (do not touch bone) registers 145 to 150°F, 1 1/4 to 1 1/2 hours. If pan juices evaporate during baking, add 1/2 cup water.

- ☐
- Transfer ham to a platter, discarding pan juices, and let stand, uncovered, 15 to 30 minutes before slicing.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:27.01, Glycemic Load:5.07, Inflammation Score:-7, Nutrition Score:35.040434780328%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

Nutrients (% of daily need)

Calories: 1060.73kcal (53.04%), Fat: 75.63g (116.35%), Saturated Fat: 23.9g (149.34%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 10.47g (3.81%), Sugar: 8.55g (9.5%), Cholesterol: 224.98mg (74.99%), Sodium: 4585.25mg (199.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.42g (158.84%), Vitamin B1: 2.26mg (150.66%), Selenium: 89.2µg (127.43%), Vitamin B3: 16.46mg (82.28%), Phosphorus: 804.57mg (80.46%), Vitamin B6: 1.47mg (73.32%), Zinc: 8.64mg (57.59%), Vitamin B2: 0.83mg (49.06%), Vitamin B12: 2.32µg (38.71%), Potassium: 1165.2mg (33.29%), Manganese: 0.51mg (25.54%), Vitamin K: 26.34µg (25.08%), Magnesium: 88.33mg (22.08%), Iron: 3.84mg (21.34%), Copper: 0.37mg (18.5%), Vitamin B5: 1.76mg (17.61%), Vitamin D: 2.54µg (16.93%), Vitamin E: 2.54mg (16.9%), Vitamin C: 8.44mg (10.23%), Folate: 25.39µg (6.35%), Calcium: 50.62mg (5.06%), Fiber: 1.12g (4.48%), Vitamin A: 55.91IU (1.12%)