



Glazed Ham With Roasted Apples

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

READY IN



205 min.

SERVINGS



14

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup spiced apple butter
- 0.3 cup apple cider vinegar
- 8 small apples halved
- 0.5 cup dijon mustard
- 0.3 teaspoon ground cloves
- 11 pound ham smoked whole
- 0.3 cup brown sugar light packed

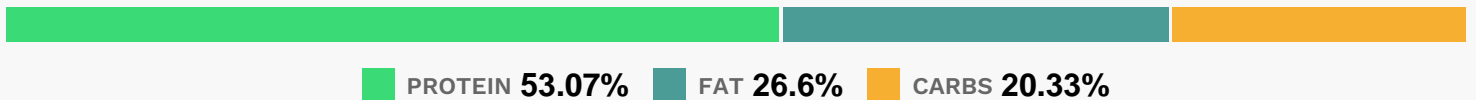
Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- roasting pan
- cutting board

Directions

- Preheat the oven to 325 degrees F. Score the ham with a paring knife through the skin and fat in a tight crosshatch pattern.
- Place the ham, fat-side up, in a large roasting pan.
- Bake 1 hour, 30 minutes.
- Whisk the apple butter, mustard, brown sugar, vinegar and cloves in a bowl until smooth. After 1 hour, 30 minutes, brush the ham all over with some of the glaze and bake 20 more minutes.
- Add the apples to the pan, cut-side up, and bake, brushing the ham with more of the glaze every 20 minutes, until the ham is crisp and the apples are tender, 1 hour to 1 hour, 30 minutes. (Turn the apples cut-side down in the last 20 minutes.)
- Transfer the ham to a cutting board and let rest 15 minutes before carving.
- Serve with the roasted apples.
- Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:3.15, Inflammation Score:-4, Nutrition Score:13.411304442779%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg

Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg
Epicatechin: 6.41mg, Epicatechin: 6.41mg, Epicatechin: 6.41mg, Epicatechin: 6.41mg Epicatechin 3-gallate: 0.01mg,
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-
gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate:
0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg,
Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin:
3.41mg

Nutrients (% of daily need)

Calories: 444.59kcal (22.23%), Fat: 13.33g (20.5%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 22.92g (7.64%),
Net Carbohydrates: 20.25g (7.36%), Sugar: 18.5g (20.55%), Cholesterol: 171.07mg (57.02%), Sodium: 4428.97mg
(192.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.83g (119.65%), Phosphorus: 851.11mg (85.11%),
Copper: 0.9mg (44.97%), Zinc: 6.55mg (43.7%), Potassium: 1082.03mg (30.92%), Magnesium: 120.27mg (30.07%),
Iron: 4.96mg (27.58%), Fiber: 2.66g (10.66%), Manganese: 0.15mg (7.45%), Calcium: 52.25mg (5.23%), Vitamin C:
4.04mg (4.9%), Selenium: 3.14µg (4.48%), Vitamin B6: 0.05mg (2.42%), Vitamin B1: 0.03mg (2.18%), Vitamin K:
2.19µg (2.09%), Vitamin B2: 0.03mg (1.82%), Vitamin E: 0.2mg (1.3%), Vitamin A: 55.67IU (1.11%)