



Glazed Ham with Sherry-Orange Dijon Sauce

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

READY IN



120 min.

SERVINGS



8

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch
- 0.3 cup golden raisins dried
- 1 Dash ground nutmeg
- 5 pound hickory ham smoked
- 0.5 cup brown sugar light packed
- 2 tablespoons mustard dijon-style
- 0.5 cup orange juice
- 0.5 cup sherry cooking wine holland house®

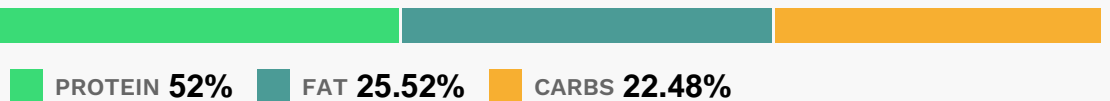
Equipment

- bowl
- sauce pan
- oven
- roasting pan

Directions

- Preheat oven to 350 degrees F.
- Place ham in a roasting pan. In a small bowl, stir together 1/2 cup brown sugar and 2 tablespoons sherry cooking wine.
- Brush half the glaze over the ham. Roast ham uncovered approximately 20 minutes per pound or until internal temperature is 160 degrees F. See ham wrapper for precise cooking time and temperature; directions may vary.
- Brush remaining glaze over ham halfway through cooking time.
- For Sherry-Orange Dijon Sauce, combine 1/2 cup brown sugar, cornstarch, cloves and nutmeg in a 1-quart saucepan. Stir to remove lumps. Stir in mustard until mixture is a smooth paste. Gradually stir in sherry cooking wine and orange juice.
- Add raisins.
- Cook sauce over medium-high heat, stirring frequently, until mixture boils. Reduce heat and boil gently 3 to 5 minutes.
- Serve sauce with sliced ham.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:0.92, Inflammation Score:-4, Nutrition Score:10.351304181244%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 375kcal (18.75%), Fat: 10.41g (16.01%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 19.93g (7.25%), Sugar: 17.77g (19.75%), Cholesterol: 136.08mg (45.36%), Sodium: 3488.56mg (151.68%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 47.72g (95.44%), Phosphorus: 670.88mg (67.09%), Copper: 0.7mg (34.94%), Zinc: 5.19mg (34.59%), Magnesium: 94.38mg (23.6%), Potassium: 825.8mg (23.59%), Iron: 4mg (22.25%), Vitamin C: 7.77mg (9.42%), Calcium: 49.97mg (5%), Vitamin A: 213.08IU (4.26%), Fiber: 0.7g (2.81%), Manganese: 0.05mg (2.42%), Selenium: 1.5µg (2.14%), Vitamin B1: 0.02mg (1.48%), Folate: 5.3µg (1.32%), Vitamin B6: 0.02mg (1.11%)