



Glazed Smoked Ham

READY IN



120 min.

SERVINGS



10

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons cider vinegar
- 1 tablespoon flour all-purpose
- 8 sprigs thyme leaves fresh
- 0.3 teaspoon ground allspice
- 1 pinch ground cloves
- 0.8 cup apricot jelly
- 10 servings kosher salt and pepper black freshly ground
- 1.5 cups chicken broth low-sodium
- 2 teaspoons blackstrap molasses

- 1 large onion quartered
- 5 pound ham smoked (shank end)
- 1 tablespoon butter unsalted
- 0.3 cup water
- 0.5 teaspoon worcestershire sauce
- 3 tablespoons mustard yellow

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F. Score the ham with a cross hatch pattern through the thick layer of skin and fat. Arrange the onions in the center of a foil lined sheet pan large roasting pan and set the ham on top of them.
- Bake for 1 hour.
- Meanwhile, stir together the apricot jelly, water, thyme leaves, mustard, 3 tablespoons of the vinegar, the molasses, worcestershire, allspice, and cloves in a saucepan.
- Whisk over medium heat until the jelly has dissolved and sauce is smooth, about 4 minutes. After the ham has been baked for 1 hour, brush with the apricot mixture every 15 minutes for another 45 minutes or until nicely glazed.
- Transfer the ham to a serving platter, tent with foil and set aside while making the sauce.
- Discard the onions, remove foil and pour the sauce into a skillet.
- Add the broth and bring to a boil over high heat. In a small bowl, mix the butter and flour together until you form a paste.

Whisk into the pan juices and let sauce simmer until thickened like gravy. Finish with the remaining tablespoon of vinegar and season with salt and pepper to taste.

Thinly slice the ham and serve with the sauce.

Nutrition Facts

PROTEIN 47.08% **FAT 26.46%** **CARBS 26.46%**

Properties

Glycemic Index:36.5, Glycemic Load:10.78, Inflammation Score:-7, Nutrition Score:9.3121738751297%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 329.36kcal (16.47%), Fat: 9.73g (14.97%), Saturated Fat: 3.58g (22.39%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 20.99g (7.63%), Sugar: 14.44g (16.05%), Cholesterol: 111.87mg (37.29%), Sodium: 2827.53mg (122.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.95g (77.91%), Phosphorus: 556.42mg (55.64%), Copper: 0.61mg (30.66%), Zinc: 4.24mg (28.27%), Potassium: 721.73mg (20.62%), Magnesium: 80.86mg (20.22%), Iron: 3.53mg (19.63%), Manganese: 0.12mg (6.19%), Vitamin C: 4.71mg (5.71%), Calcium: 43.79mg (4.38%), Selenium: 2.65µg (3.78%), Fiber: 0.9g (3.6%), Vitamin B3: 0.61mg (3.07%), Vitamin B2: 0.05mg (2.68%), Vitamin B6: 0.04mg (2.14%), Folate: 7.81µg (1.95%), Vitamin B1: 0.03mg (1.79%), Vitamin A: 77.56IU (1.55%)