



WHATSheATE



HEALTH SCORE

100%

Grandma Lori's Mamalade Glazed Ham



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



120 min.

SERVINGS



16

CALORIES



9838 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.8 cup firmly brown sugar packed



8 pound spiral ham fully cooked sliced



18 oz smucker's® orange marmalade sweet

Equipment



bowl



frying pan



sauce pan

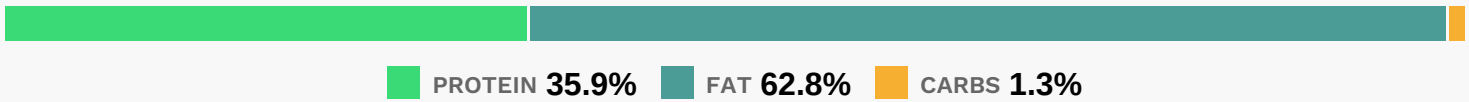


oven

Directions

- ☐ HEAT ham according to package directions.
- ☐ COMBINE orange marmalade and brown sugar in small bowl until blended.
- ☐ Remove ham from oven 30 minutes before end of suggested bake time.
- ☐ Brush glaze over ham.
- ☐ BAKE an additional 30 minutes.
- ☐ Remove ham from oven and let rest 5–10 minutes. Spoon pan juices over ham and serve.
- ☐ Drain pan juices into a small saucepan.
- ☐ Heat to boiling; reduce to medium heat. Stir 3 tablespoons cornstarch into 3 tablespoons cold water until smooth. Blend into pan juices, stirring constantly until thickened. Spoon warm sauce over ham and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:69.07565201495%

Nutrients (% of daily need)

Calories: 9837.64kcal (491.88%), Fat: 670.8g (1032%), Saturated Fat: 239.2g (1495%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 31.04g (11.29%), Sugar: 29.14g (32.38%), Cholesterol: 2480mg (826.67%), Sodium: 47500.75mg (2065.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 862.91g (1725.82%), Vitamin B1: 24.04mg (1602.77%), Selenium: 908.32µg (1297.59%), Vitamin B3: 178.47mg (892.34%), Phosphorus: 8561.69mg (856.17%), Vitamin B6: 15.21mg (760.51%), Zinc: 92.82mg (618.77%), Vitamin B2: 8.85mg (520.47%), Vitamin B12: 25.6µg (426.67%), Potassium: 11465.52mg (327.59%), Iron: 34.92mg (194.01%), Magnesium: 761.57mg (190.39%), Vitamin D: 28µg (186.67%), Vitamin B5: 18.3mg (182.98%), Copper: 3.35mg (167.68%), Vitamin E: 14.42mg (96.13%), Folate: 122.97µg (30.74%), Calcium: 300.68mg (30.07%), Manganese: 0.57mg (28.65%), Vitamin C: 1.53mg (1.86%)