

Grandma's Ham



Gluten Free



Dairy Free

READY IN



280 min.

SERVINGS



18

CALORIES



818 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar
- ☐ 8 ounce pineapple drained canned
- ☐ 1 liter ginger ale vernors® such as
- ☐ 12 pound ham whole
- ☐ 4 ounce maraschino cherries

Equipment

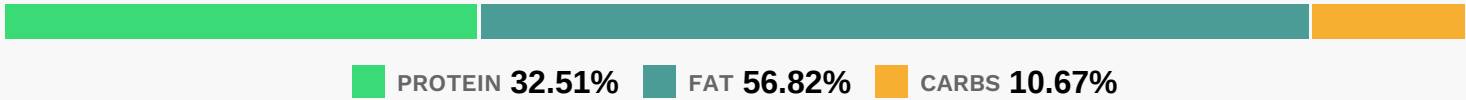
- ☐ frying pan
- ☐ oven

- ☐ toothpicks
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Place ham in a roasting pan.
- ☐ Pour ginger ale into the roasting pan. Rub brown sugar over the ham. Attach pineapple slices to outside of ham with toothpicks. Secure a cherry into the middle of each pineapple slice again using toothpicks.
- ☐ Pour reserved pineapple juice into pan with ginger ale. Tent aluminum foil over the ham.
- ☐ Bake ham in preheated oven for 4 hours.
- ☐ Remove aluminum foil and continue baking another 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:3.06, Inflammation Score:-2, Nutrition Score:27.279130401171%

Nutrients (% of daily need)

Calories: 818.06kcal (40.9%), Fat: 50.74g (78.06%), Saturated Fat: 18.09g (113.04%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 21.09g (7.67%), Sugar: 21.03g (23.37%), Cholesterol: 187.48mg (62.49%), Sodium: 3597.11mg (156.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.32g (130.64%), Vitamin B1: 1.83mg (122.02%), Selenium: 68.91µg (98.44%), Vitamin B3: 13.54mg (67.7%), Phosphorus: 648.68mg (64.87%), Vitamin B6: 1.16mg (58.19%), Zinc: 7.08mg (47.17%), Vitamin B2: 0.67mg (39.47%), Vitamin B12: 1.94µg (32.26%), Potassium: 898.61mg (25.67%), Iron: 2.88mg (16%), Magnesium: 61.25mg (15.31%), Copper: 0.29mg (14.46%), Vitamin D: 2.12µg (14.11%), Vitamin B5: 1.4mg (14.01%), Vitamin E: 1.09mg (7.3%), Calcium: 38.39mg (3.84%), Manganese: 0.06mg (2.91%), Folate: 9.82µg (2.46%), Fiber: 0.37g (1.46%), Vitamin C: 1.18mg (1.44%)