



Grilled Holiday Honey Ham

 **Gluten Free**

READY IN

ready

855 min.

SERVINGS

servings

16

CALORIES

calories

937 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 0.5 cup butter
- ☐ 3 tablespoons thyme leaves fresh chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons ground ginger
- ☐ 12 pound ham bone-in fully-cooked

- ☐ 0.8 cup honey
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons brown sugar light
- ☐ 1 teaspoon ground mustard

Equipment

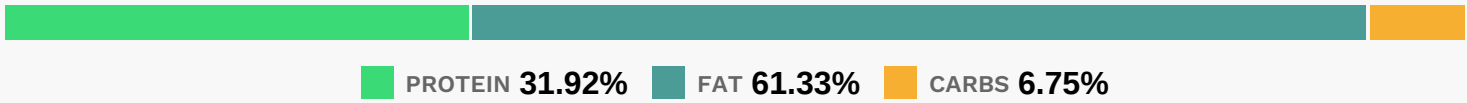
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Trim the ham of any excess fat, but leaving 1/4-inch of fat on the ham. With a sharp knife, score the fat on the top of the ham.
- ☐ Place the ham on a large rimmed baking sheet.
- ☐ Whisk together the brown sugar, salt, black pepper, cumin, ginger, mustard powder, and cinnamon in a small bowl. Reserve 1 tablespoon of the dry rub mixture for the glaze. Season the ham with the remaining dry rub.
- ☐ Place plastic wrap over the ham and put it in the refrigerator for 8 to 12 hours. Allowing the seasoning to penetrate the ham overnight will give it a fuller flavor.
- ☐ Preheat your charcoal grill to 300 degrees F for indirect heat.
- ☐ Place the baking sheet with the ham on the grill grates, with the ham flat side down. Cover the grill and let the ham cook for 2 hours.
- ☐ Heat the butter, thyme, honey, vinegar, and reserved dry rub together in a medium saucepan until the butter melts. Stir together until smooth.

- ☐
- Brush the ham with the glaze, cover with grill lid, and grill for 30 minutes more, basting the ham every 10 minutes with the glaze.
- ☐
- Remove to a platter, let rest for 30 minutes, then carve and serve.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:6.96, Inflammation Score:-8, Nutrition Score:30.573478683181%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg

Nutrients (% of daily need)

Calories: 937.31kcal (46.87%), Fat: 62.95g (96.85%), Saturated Fat: 24.01g (150.09%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 15.14g (5.5%), Sugar: 14.55g (16.16%), Cholesterol: 226.17mg (75.39%), Sodium: 4521.7mg (196.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.71g (147.41%), Vitamin B1: 2.05mg (136.58%), Selenium: 77.88µg (111.26%), Vitamin B3: 15.27mg (76.36%), Phosphorus: 735.48mg (73.55%), Vitamin B6: 1.31mg (65.32%), Zinc: 8mg (53.31%), Vitamin B2: 0.77mg (45.22%), Vitamin B12: 2.19µg (36.49%), Potassium: 1009.94mg (28.86%), Iron: 3.55mg (19.74%), Magnesium: 70.16mg (17.54%), Vitamin B5: 1.59mg (15.89%), Vitamin D: 2.38µg (15.88%), Copper: 0.31mg (15.31%), Manganese: 0.26mg (12.93%), Vitamin E: 1.41mg (9.4%), Vitamin A: 245.34IU (4.91%), Calcium: 39.42mg (3.94%), Folate: 11.67µg (2.92%), Vitamin C: 2.22mg (2.69%), Fiber: 0.45g (1.81%), Vitamin K: 1.17µg (1.12%)