



Grilled Orange Ham (Crowd Size)



Gluten Free



Dairy Free

READY IN



360 min.

SERVINGS



16

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup orange juice
- ☐ 0.3 cup honey
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 4 pound finely-chopped ham boneless fully cooked
- ☐ 1 cup barbecue sauce
- ☐ 0.3 cup orange marmalade
- ☐ 1 teaspoon ground mustard

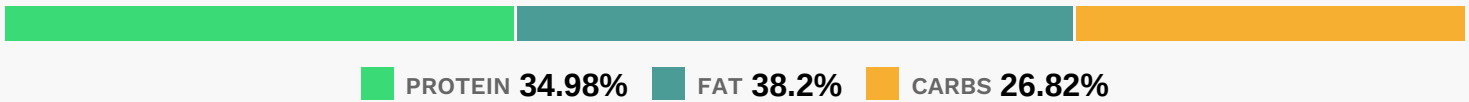
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In medium bowl, mix orange juice, honey, chives and oil. Make cuts on top of ham about 1/2 inch apart and 1/4 inch deep in diamond pattern.
- ☐ Place ham in large resealable food-storage plastic bag.
- ☐ Pour orange juice mixture over ham; turn to coat. Refrigerate at least 4 hours but no longer than 24 hours, turning occasionally.
- ☐ Heat coals or grill for indirect heat.
- ☐ Remove ham from marinade; reserve marinade. Cover and grill ham over low heat 1 hour 15 minutes to 1 hour 30 minutes, brushing with marinade 2 or 3 times and turning once or twice, until heated through. Discard remaining marinade.
- ☐ Meanwhile, in 2-quart saucepan, mix barbecue sauce, marmalade and mustard. Cook over low heat 5 to 10 minutes, stirring occasionally, until well blended.
- ☐ Brush sauce on ham. Grill 10 to 15 minutes longer or until glazed.
- ☐ Serve ham with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:3.1, Inflammation Score:-3, Nutrition Score:13.42304353092%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 250.86kcal (12.54%), Fat: 10.53g (16.2%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 16.37g (5.95%), Sugar: 14.6g (16.22%), Cholesterol: 82.78mg (27.59%), Sodium: 1497.05mg (65.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.39%), Vitamin C: 34.77mg (42.15%), Vitamin B1: 0.62mg (41.37%), Phosphorus: 339mg (33.9%), Selenium: 23.04µg (32.91%), Vitamin B12: 1.6µg (26.65%), Vitamin B3: 4.22mg (21.08%), Zinc: 2.59mg (17.27%), Vitamin B2: 0.29mg (16.97%), Vitamin B6: 0.31mg (15.66%), Potassium: 397.76mg (11.36%), Vitamin B5: 1.06mg (10.55%), Copper: 0.16mg (7.84%), Magnesium: 28.67mg (7.17%), Iron: 1.16mg (6.43%), Manganese: 0.09mg (4.38%), Vitamin K: 4.27µg (4.07%), Folate: 9.56µg (2.39%), Vitamin E: 0.3mg (1.99%), Vitamin A: 90.5IU (1.81%), Calcium: 17.3mg (1.73%), Fiber: 0.26g (1.05%)