



Ham Baked With a Georgia Peach Glaze

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



120 min.

SERVINGS



12

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons coarse mustard
- 0.3 teaspoon ground cloves
- 8 lbs finely-chopped ham bone-in fully cooked
- 1 cup peach nectar
- 1 cup peach preserves

Equipment

Nutrition Facts

PROTEIN 43.42% FAT 39.78% CARBS 16.8%

Properties

Glycemic Index:7.25, Glycemic Load:10.58, Inflammation Score:-5, Nutrition Score:32.307826086957%

Nutrients (% of daily need)

Calories: 541.9kcal (27.1%), Fat: 23.31g (35.87%), Saturated Fat: 5.17g (32.28%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 21.65g (7.87%), Sugar: 16.31g (18.12%), Cholesterol: 220.75mg (73.58%), Sodium: 3545.38mg (154.15%), Protein: 57.26g (114.52%), Vitamin B1: 1.63mg (108.46%), Phosphorus: 893.09mg (89.31%), Vitamin C: 72.97mg (88.44%), Selenium: 61.76µg (88.23%), Vitamin B12: 4.26µg (71.06%), Vitamin B3: 10.79mg (53.97%), Zinc: 6.79mg (45.25%), Vitamin B2: 0.75mg (43.94%), Vitamin B6: 0.79mg (39.51%), Vitamin B5: 2.67mg (26.71%), Potassium: 883.82mg (25.25%), Copper: 0.38mg (18.99%), Magnesium: 67.37mg (16.84%), Iron: 2.79mg (15.49%), Manganese: 0.2mg (9.9%), Folate: 12.67µg (3.17%), Calcium: 27.68mg (2.77%), Fiber: 0.51g (2.03%), Vitamin A: 56.26IU (1.13%)