



 **61%**
HEALTH SCORE

Ham with Bourbon-Cherry Glaze

 Dairy Free  Very Healthy

READY IN



270 min.

SERVINGS



12

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 lb beef shanks bone-in fully cooked
- 1 tablespoon peppercorns black crushed
- 30 cloves whole
- 12 oz coca-cola canned
- 0.3 cup bourbon
- 6 tablespoons brown sugar packed
- 13 oz smucker's cherry preserves

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 350°F. Lightly spray 13x9-inch pan with cooking spray.
- Remove skin from ham; trim fat to 1/4-inch thickness. Make shallow cuts in fat 1 inch apart in diamond pattern. Rub peppercorns over surface of ham; insert cloves in centers of diamonds.
- Place ham in pan. Insert ovenproof meat thermometer so tip is in thickest part of ham and does not touch fat or bone. In small bowl, mix 1 1/4 cups of the cola, 2 tablespoons of the bourbon and 1/4 cup of the brown sugar; pour over ham.
- Bake uncovered 2 hours, basting with pan drippings every 15 minutes.
- In 1-quart saucepan, mix remaining 1/4 cup cola and remaining 2 tablespoons each bourbon and brown sugar.
- Add 2/3 cup of the preserves. Cook over medium heat 3 minutes or until glaze is hot and sugar is dissolved.
- Brush glaze over ham.
- Bake 1 hour 45 minutes longer or until thermometer reads 140°F.
- Transfer ham to serving platter; cover with foil.
- Let stand 30 minutes before carving.
- Skim fat from drippings in pan. Stir remaining 1/2 cup preserves into drippings with whisk.
- Transfer mixture to a saucepan.
- Heat to boiling; reduce heat. Simmer 8 to 10 minutes or until thickened.
- Serve glaze with ham.

Nutrition Facts



■ PROTEIN **52.19%** ■ FAT **20.93%** ■ CARBS **26.88%**

Properties

Glycemic Index:13.75, Glycemic Load:13.26, Inflammation Score:-3, Nutrition Score:29.197825970209%

Nutrients (% of daily need)

Calories: 482.04kcal (24.1%), Fat: 10.6g (16.3%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 30.62g (10.21%), Net Carbohydrates: 29.9g (10.87%), Sugar: 23.28g (25.86%), Cholesterol: 106.14mg (35.38%), Sodium: 185.7mg (8.07%), Alcohol: 1.67g (100%), Alcohol %: 0.62% (100%), Protein: 59.45g (118.9%), Vitamin B12: 9.06µg (151.05%), Zinc: 18.94mg (126.25%), Vitamin B3: 15.66mg (78.29%), Selenium: 48.96µg (69.95%), Vitamin B6: 1.29mg (64.61%), Phosphorus: 566.14mg (56.61%), Iron: 6.68mg (37.11%), Vitamin B2: 0.62mg (36.76%), Potassium: 1101.71mg (31.48%), Manganese: 0.46mg (23.13%), Vitamin B1: 0.28mg (18.6%), Copper: 0.24mg (12.05%), Magnesium: 42.59mg (10.65%), Vitamin B5: 0.98mg (9.81%), Calcium: 72.97mg (7.3%), Folate: 25.48µg (6.37%), Vitamin C: 2.7mg (3.28%), Fiber: 0.72g (2.87%), Vitamin K: 2.07µg (1.97%)