



Ham with Bourbon-Cherry Glaze

 Dairy Free

READY IN



270 min.

SERVINGS



12

CALORIES



1235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

- bowl

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

Directions

- Heat oven to 350F. 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 140F.
- 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 32.73% ■ FAT 57.16% ■ CARBS 10.11%

Properties

Glycemic Index:13.75, Glycemic Load:13.26, Inflammation Score:-3, Nutrition Score:36.872173945541%

Nutrients (% of daily need)

Calories: 1234.54kcal (61.73%), Fat: 76.12g (117.11%), Saturated Fat: 27.14g (169.62%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 29.74g (10.81%), Sugar: 23.26g (25.85%), Cholesterol: 281.23mg (93.74%), Sodium: 5397mg (234.65%), Alcohol: 1.67g (100%), Alcohol %: 0.4% (100%), Protein: 98.07g (196.13%), Vitamin B1: 2.73mg (182.15%), Selenium: 103.72µg (148.17%), Vitamin B3: 20.26mg (101.31%), Phosphorus: 981.11mg (98.11%), Vitamin B6: 1.73mg (86.74%), Zinc: 10.56mg (70.41%), Vitamin B2: 1.03mg (60.44%), Vitamin B12: 2.9µg (48.38%), Potassium: 1340.64mg (38.3%), Iron: 4.25mg (23.63%), Magnesium: 89.38mg (22.34%), Vitamin D: 3.18µg (21.17%), Copper: 0.42mg (21.12%), Vitamin B5: 2.1mg (20.99%), Vitamin E: 1.68mg (11.19%), Manganese: 0.19mg (9.37%), Calcium: 47.13mg (4.71%), Folate: 17.19µg (4.3%), Vitamin C: 2.7mg (3.28%), Fiber: 0.55g (2.19%), Vitamin K: 1.36µg (1.3%)