



## Ham with Bourbon, Molasses, and Pecan Glaze

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



12

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup apple juice fresh (preferably unfiltered)
- ☐ 0.3 cup bourbon
- ☐ 12 servings bread
- ☐ 1.8 cups t brown sugar dark packed ()
- ☐ 3 tablespoons ground mustard dry
- ☐ 1 pound ham whole bone-in
- ☐ 0.3 cup blackstrap molasses light ()

- ☐ 1 cup pecans cooled toasted finely
- ☐ 12 servings 1 tangerine

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Boil juice and bourbon in small saucepan until reduced to scant 1/3 cup, about 6 minutes.
- ☐ Combine sugar, pecans, molasses, and mustard in bowl.
- ☐ Add bourbon mixture; stir to form thick paste. (Can be made 2 days ahead. Cover; chill. Bring to room temperature before using.)
- ☐ Position rack in bottom third of oven and preheat to 325°F. Line large roasting pan with heavy-duty foil, leaving overhang on all sides. Trim off skin and all but 1/4 inch fat from ham.
- ☐ Place ham, fat side up, in prepared pan. Roast ham until thermometer inserted into thickest part registers 130°F to 135°F, about 10 minutes per pound or 2 hours 40 minutes for 16-pound ham.
- ☐ Remove ham from oven; increase oven temperature to 425°F. Lightly score fat on ham in diamond pattern. Rub glaze thickly over top and sides of ham. Return ham to oven and roast until glaze is deep brown and bubbling, about 25 minutes.
- ☐ Let ham stand at least 20 minutes and up to 45 minutes.
- ☐ Serve with chutney and spoon bread.
- ☐ : Choose a bone-in ham or a boneless ham that has the natural shape of a leg. Don't use a pre-formed ham (known as deli ham), which is best sliced cold for sandwiches.

## Nutrition Facts



Properties

Glycemic Index:17.53, Glycemic Load:15.22, Inflammation Score:-7, Nutrition Score:15.714782637099%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Hesperetin: 8.65mg, Hesperetin: 8.65mg, Hesperetin: 8.65mg, Hesperetin: 8.65mg Naringenin: 10.92mg, Naringenin: 10.92mg, Naringenin: 10.92mg, Naringenin: 10.92mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 450.82kcal (22.54%), Fat: 14.54g (22.37%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 67.32g (22.44%), Net Carbohydrates: 63.21g (22.99%), Sugar: 50.96g (56.63%), Cholesterol: 23.44mg (7.81%), Sodium: 595.57mg (25.89%), Alcohol: 1.67g (100%), Alcohol %: 0.88% (100%), Protein: 13.29g (26.59%), Manganese: 0.93mg (46.61%), Vitamin C: 29.47mg (35.72%), Vitamin B1: 0.48mg (31.96%), Selenium: 22.35µg (31.93%), Vitamin B3: 3.95mg (19.75%), Phosphorus: 180.54mg (18.05%), Vitamin B6: 0.35mg (17.31%), Magnesium: 68.59mg (17.15%), Fiber: 4.11g (16.43%), Potassium: 530.98mg (15.17%), Vitamin A: 748.12IU (14.96%), Copper: 0.28mg (14.02%), Iron: 2.44mg (13.58%), Calcium: 130.25mg (13.03%), Vitamin B2: 0.21mg (12.4%), Folate: 47.34µg (11.84%), Zinc: 1.76mg (11.72%), Vitamin B5: 0.83mg (8.27%), Vitamin E: 0.61mg (4.08%), Vitamin B12: 0.24µg (4.03%), Vitamin D: 0.26µg (1.76%), Vitamin K: 1.76µg (1.67%)