



Ham with Bourbon-Peach Glaze



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup bourbon
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 7.5 pound 3%-less-sodium smoked fully cooked
- ☐ 0.7 cup peach preserves
- ☐ 1 cup water

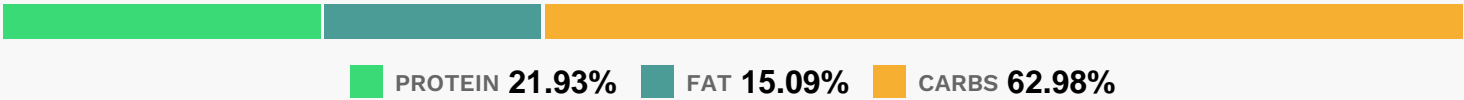
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 32
- ☐ Combine preserves and bourbon in a small saucepan. Bring to a boil; remove from heat. Stir in cumin, ginger, coriander, and pepper. Cool slightly.
- ☐ Trim fat and rind from ham. Score outside of ham in a diamond pattern; stud with cloves.
- ☐ Place ham on the rack of a broiler pan or roasting pan coated with cooking spray.
- ☐ Pour 1 cup water into pan; place rack in pan.
- ☐ Brush ham with 1/4 cup preserves mixture.
- ☐ Bake at 325 for 2 hours or until a thermometer registers 140, basting ham with remaining preserves mixture every 30 minutes.
- ☐ Transfer ham to a platter; let stand 15 minutes. Discard cloves before serving.

Nutrition Facts



Properties

Glycemic Index:3.82, Glycemic Load:3.02, Inflammation Score:-1, Nutrition Score:1.3921739123762%

Nutrients (% of daily need)

Calories: 47.48kcal (2.37%), Fat: 0.76g (1.17%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 7.01g (2.55%), Sugar: 4.09g (4.54%), Cholesterol: 0mg (0%), Sodium: 39.63mg (1.72%), Alcohol: 0.72g (100%), Alcohol %: 0.65% (100%), Protein: 2.48g (4.97%), Vitamin B3: 1.68mg (8.38%), Phosphorus: 38.69mg

(3.87%), Copper: 0.07mg (3.67%), Potassium: 113.44mg (3.24%), Vitamin B2: 0.04mg (2.54%), Vitamin B12: 0.12µg (2.02%), Iron: 0.36mg (2%), Manganese: 0.02mg (1.16%)