



Ham with Bourbon-Peach Glaze



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



97 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 low sodium shoyu smoked fully cooked
- ☐ 0.7 cup peach preserves
- ☐ 1 cup water

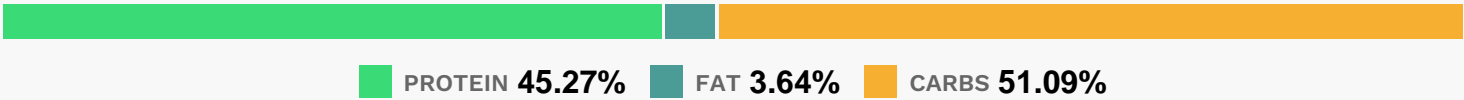
Equipment

- ☐ 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:0, Nutrition Score:7.3595651679713%

Nutrients (% of daily need)

Calories: 97.29kcal (4.86%), Fat: 0.4g (0.61%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 11.49g (4.18%), Sugar: 4.54g (5.04%), Cholesterol: 0mg (0%), Sodium: 4377.11mg (190.31%), Alcohol: 0.72g (100%), Alcohol %: 0.65% (100%), Protein: 11.05g (22.1%), Manganese: 0.54mg (26.91%), Magnesium: 84.76mg

(21.19%), Phosphorus: 203.93mg (20.39%), Vitamin B2: 0.3mg (17.55%), Folate: 54.37µg (13.59%), Potassium: 436.62mg (12.47%), Vitamin B6: 0.2mg (9.83%), Iron: 1.74mg (9.69%), Vitamin B3: 1.4mg (6.98%), Zinc: 0.97mg (6.49%), Calcium: 39.44mg (3.94%), Vitamin B5: 0.39mg (3.91%), Fiber: 0.98g (3.9%), Copper: 0.07mg (3.55%), Vitamin E: 0.51mg (3.4%), Vitamin B1: 0.05mg (3.37%), Selenium: 0.8µg (1.15%)