



Ham with Honey and Brown Sugar Glaze

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



880 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown sugar
- 5 pound deli honey ham fully cooked sliced
- 0.5 cup honey
- 2 orange juice juiced
- 1 cup pineapple juice

Equipment

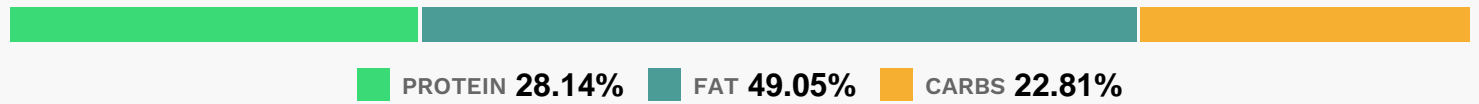
- sauce pan
- oven

roasting pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the ham in a roasting pan and dot with cloves. In a saucepan combine the pineapple juice, brown sugar, honey and orange juice. Stir and simmer over medium-low heat until thickened, about 10 minutes.
- Pour the glaze over the ham.
- Bake the ham uncovered for 1 hour in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:18.78, Glycemic Load:11.62, Inflammation Score:-3, Nutrition Score:27.321738915923%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 880.19kcal (44.01%), Fat: 47.61g (73.24%), Saturated Fat: 16.96g (105.99%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 49.66g (18.06%), Sugar: 48.27g (53.64%), Cholesterol: 175.77mg (58.59%), Sodium: 3374.38mg (146.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.46g (122.92%), Vitamin B1: 1.73mg (115.63%), Selenium: 64.9µg (92.71%), Vitamin B3: 12.82mg (64.11%), Phosphorus: 613.54mg (61.35%), Vitamin B6: 1.13mg (56.46%), Zinc: 6.67mg (44.48%), Vitamin B2: 0.65mg (37.96%), Vitamin B12: 1.81µg (30.24%), Potassium: 926.74mg (26.48%), Iron: 2.87mg (15.96%), Magnesium: 61.95mg (15.49%), Copper: 0.28mg (14.14%), Vitamin B5: 1.39mg (13.91%), Vitamin D: 1.98µg (13.23%), Vitamin C: 10.56mg (12.8%), Manganese: 0.22mg (11.25%), Vitamin E: 1.03mg (6.88%), Calcium: 49.43mg (4.94%), Folate: 19.01µg (4.75%)