



Ham with Pineapple

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



260 min.

SERVINGS



20

CALORIES



716 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brown sugar packed
- 12 pound ham bone-in
- 12 fluid ounce bottle lemon-lime carbonated beverage flavored canned
- 4 ounce maraschino cherries chopped
- 20 ounce pineapple rings in heavy syrup canned

Equipment

- bowl
- oven

- toothpicks
- roasting pan
- kitchen thermometer

Directions

- Preheat the oven to 325 degrees F (160 degrees C).
- Place ham in a roasting pan. Score the rind of the ham with a diamond pattern. Press a clove into the center of each diamond.
- Drain the juice from the pineapple rings into a medium bowl, and stir in the brown sugar and lemon-lime soda. Coat the ham with this mixture. Arrange the pineapple rings over the outside of the ham.
- Place a maraschino cherry in the center of each pineapple ring, and secure with a toothpick.
- Bake uncovered for 4 to 5 hours, basting frequently with the juices, until the internal temperature of the ham is 160 degrees F (72 degrees C). Be sure the meat thermometer is not touching the bone.
- Remove toothpicks before serving.

Nutrition Facts

PROTEIN 33.51% **FAT 58.5%** **CARBS 7.99%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:25.165217560271%

Nutrients (% of daily need)

Calories: 715.88kcal (35.79%), Fat: 45.68g (70.28%), Saturated Fat: 16.28g (101.75%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 13.49g (4.9%), Sugar: 13.39g (14.87%), Cholesterol: 168.74mg (56.25%), Sodium: 3234.31mg (140.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.88g (117.77%), Vitamin B1: 1.66mg (110.97%), Selenium: 61.97µg (88.53%), Vitamin B3: 12.23mg (61.15%), Phosphorus: 584.79mg (58.48%), Vitamin B6: 1.06mg (52.9%), Zinc: 6.36mg (42.4%), Vitamin B2: 0.61mg (35.73%), Vitamin B12: 1.74µg (29.03%), Potassium: 822.2mg (23.49%), Magnesium: 56.86mg (14.22%), Iron: 2.51mg (13.97%), Copper: 0.27mg (13.35%), Vitamin D: 1.91µg (12.7%), Vitamin B5: 1.25mg (12.54%), Vitamin E: 0.99mg (6.59%), Vitamin C: 2.66mg (3.23%), Calcium: 31.57mg (3.16%), Folate: 9.64µg (2.41%), Fiber: 0.55g (2.2%), Manganese: 0.04mg (2.12%)