

Ham with Pineapple



Gluten Free



Dairy Free



Popular

READY IN



260 min.

SERVINGS



20

CALORIES



709 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 12 pound ham bone-in
- ☐ 4 ounce maraschino cherries chopped
- ☐ 20 ounce pineapple rings in heavy syrup canned

Equipment

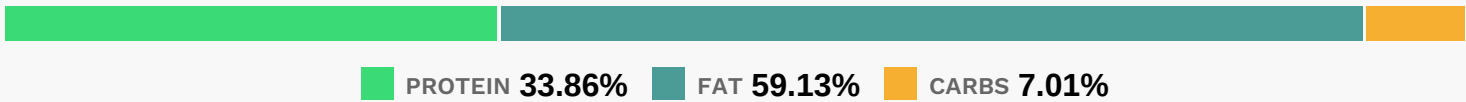
- ☐ bowl
- ☐ oven
- ☐ toothpicks

- ☐ 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



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:25.159565163695%

Nutrients (% of daily need)

Calories: 708.6kcal (35.43%), Fat: 45.68g (70.28%), Saturated Fat: 16.28g (101.75%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 11.64g (4.23%), Sugar: 11.58g (12.86%), Cholesterol: 168.74mg (56.25%), Sodium: 3232.53mg (140.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.87g (117.74%), Vitamin B1: 1.66mg (110.97%), Selenium: 61.97µg (88.53%), Vitamin B3: 12.23mg (61.14%), Phosphorus: 584.79mg (58.48%), Vitamin B6: 1.06mg (52.9%), Zinc: 6.36mg (42.39%), Vitamin B2: 0.61mg (35.73%), Vitamin B12: 1.74µg (29.03%), Potassium: 822.02mg (23.49%), Magnesium: 56.68mg (14.17%), Iron: 2.51mg (13.95%), 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: 31.21mg (3.12%), Folate: 9.64µg (2.41%), Fiber: 0.55g (2.2%), Manganese: 0.04mg (2.12%)