



## Heavenly Scotch Ham

 Dairy Free

READY IN



145 min.

SERVINGS



3

CALORIES



4273 kcal

BEVERAGE

DRINK

### Ingredients

- 1 cup brown sugar packed
- 1 tablespoon cornstarch
- 2 teaspoons ground cinnamon
- 10 pound spiral cut ham fully-cooked
- 1 tablespoon ground mustard dry
- 1.5 cups scotch whiskey

### Equipment

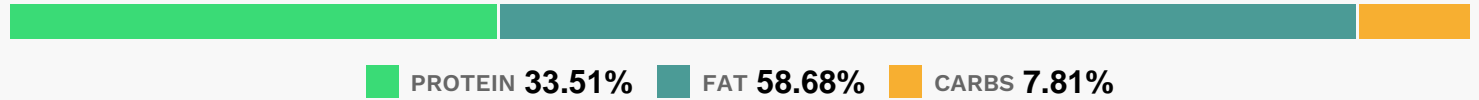
- bowl

- oven
- roasting pan
- aluminum foil

## Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Set the ham with the flat side down in a large roasting pan. In a small bowl, stir together the brown sugar, cornstarch, mustard, cinnamon and Scotch.
- Brush some of the mixture onto the ham, reserve the rest for basting.
- Bake in the preheated oven, basting every 20 minutes, for 2 hours.
- Remove from the oven and cover loosely with aluminum foil.
- Let stand for 15 minutes before removing the foil and serving. This ham is delicious served warm, at room temperature or even cold.

## Nutrition Facts



## Properties

Glycemic Index:6.67, Glycemic Load:0.04, Inflammation Score:-8, Nutrition Score:59.232173736977%

## Nutrients (% of daily need)

Calories: 4273.07kcal (213.65%), Fat: 254.42g (391.42%), Saturated Fat: 90.47g (565.42%), Carbohydrates: 76.22g (25.41%), Net Carbohydrates: 75.21g (27.35%), Sugar: 71.44g (79.38%), Cholesterol: 937.42mg (312.47%), Sodium: 17968.35mg (781.23%), Alcohol: 42.48g (100%), Alcohol %: 3.15% (100%), Protein: 326.89g (653.78%), Vitamin B1: 9.12mg (607.7%), Selenium: 349.07µg (498.67%), Vitamin B3: 67.72mg (338.59%), Phosphorus: 3262.62mg (326.26%), Vitamin B6: 5.79mg (289.35%), Zinc: 35.29mg (235.28%), Vitamin B2: 3.35mg (197.02%), Vitamin B12: 9.68µg (161.28%), Potassium: 4446.01mg (127.03%), Iron: 14.04mg (77.98%), Magnesium: 303.39mg (75.85%), Vitamin D: 10.58µg (70.56%), Vitamin B5: 7.03mg (70.3%), Copper: 1.33mg (66.34%), Vitamin E: 5.59mg (37.28%), Manganese: 0.56mg (27.97%), Calcium: 186.32mg (18.63%), Folate: 49.95µg (12.49%), Fiber: 1.02g (4.07%)