



Holiday Ham

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bourbon
- 1 cup cola drink soft
- 8 pound ham bone-in fully cooked
- 16 ounce brown sugar light
- 1 cup spicy brown mustard

Equipment

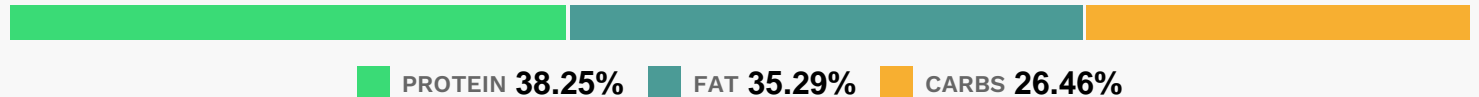
- frying pan
- oven

kitchen thermometer

Directions

- Remove skin from ham, and trim fat to 1/4-inch thickness. Make shallow cuts in fat in a diamond pattern. Push cloves into ham in a decorative pattern; place ham in a greased 13- x 9-inch pan.
- Stir together brown sugar and next 3 ingredients.
- Pour mixture evenly over ham.
- Bake on lower oven rack at 350 for 2 hours and 30 minutes or until meat thermometer inserted into thickest portion registers 140, basting with pan juices every 15 to 20 minutes.
- Remove from oven, and let cool. Cover and store in refrigerator for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:1.25, Inflammation Score:-5, Nutrition Score:33.224782697532%

Nutrients (% of daily need)

Calories: 637.24kcal (31.86%), Fat: 23.75g (36.54%), Saturated Fat: 5.2g (32.48%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 39.17g (14.24%), Sugar: 38.72g (43.03%), Cholesterol: 220.75mg (73.58%), Sodium: 3732.38mg (162.28%), Alcohol: 3.34g (100%), Alcohol %: 1.08% (100%), Protein: 57.91g (115.82%), Vitamin B1: 1.64mg (109.5%), Selenium: 67.4µg (96.29%), Phosphorus: 909.28mg (90.93%), Vitamin C: 70.54mg (85.5%), Vitamin B12: 4.26µg (71.06%), Vitamin B3: 10.9mg (54.52%), Zinc: 6.9mg (45.97%), Vitamin B2: 0.73mg (43.16%), Vitamin B6: 0.8mg (40.2%), Vitamin B5: 2.75mg (27.52%), Potassium: 931.72mg (26.62%), Magnesium: 76.86mg (19.22%), Copper: 0.38mg (19.01%), Iron: 3.19mg (17.75%), Manganese: 0.25mg (12.75%), Calcium: 62.98mg (6.3%), Fiber: 0.89g (3.57%), Folate: 10.9µg (2.73%)