



Holiday Honey Ham Glaze

 Gluten Free

READY IN



105 min.

SERVINGS



15

CALORIES



624 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup plus light
- ☐ 7 pound ham bone-in fully-cooked
- ☐ 0.5 cup honey
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 cup butter unsalted

Equipment

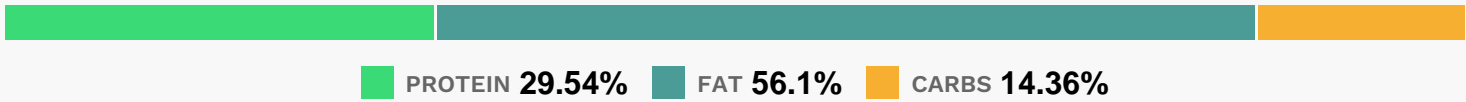
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave
- ☐ pastry brush

Directions

- ☐ Preheat an oven to 325 degrees F (165 degrees C).
- ☐ Place butter in a microwave-safe bowl, and microwave on low power until the butter is very soft and slightly melted.
- ☐ Pour in the corn syrup, honey, and molasses, and mix to a smooth, light brown mixture.
- ☐ Score the ham in a diamond pattern about 1/4 inch deep with a sharp knife. With a pastry brush, coat the ham generously with the glaze.
- ☐ Place the ham into a roasting pan, and cover with aluminum foil, taking care not to touch the ham with the foil.
- ☐ Bake the ham for 1 hour and 10 minutes (10 minutes per pound), removing the foil tent every 20 minutes to recoat the ham with glaze.
- ☐ Remove the foil tent, and turn on the oven's broiler. Broil the ham until the glaze is slightly darkened, about 10 minutes.
- ☐ Remove ham from oven, let stand about 10 minutes, then carve and serve.

Nutrition Facts



Properties

Glycemic Index:7.68, Glycemic Load:8.36, Inflammation Score:-2, Nutrition Score:20.442608840116%

Nutrients (% of daily need)

Calories: 624.31kcal (31.22%), Fat: 38.6g (59.38%), Saturated Fat: 14.6g (91.27%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 22.22g (8.08%), Sugar: 22.2g (24.67%), Cholesterol: 139.37mg (46.46%), Sodium: 2522.59mg

(109.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.72g (91.45%), Vitamin B1: 1.28mg (85.42%), Selenium: 49.26µg (70.37%), Vitamin B3: 9.51mg (47.55%), Phosphorus: 456.09mg (45.61%), Vitamin B6: 0.84mg (42.24%), Zinc: 5.01mg (33.37%), Vitamin B2: 0.47mg (27.85%), Vitamin B12: 1.36µg (22.69%), Potassium: 694.3mg (19.84%), Magnesium: 54.23mg (13.56%), Iron: 2.15mg (11.97%), Copper: 0.21mg (10.39%), Vitamin D: 1.54µg (10.26%), Vitamin B5: 1.02mg (10.24%), Manganese: 0.12mg (6.24%), Vitamin E: 0.85mg (5.67%), Calcium: 29.4mg (2.94%), Vitamin A: 94.55IU (1.89%), Folate: 6.69µg (1.67%)