



Honey and Brown Sugar-Crusted Ham



Vegetarian



Dairy Free

READY IN



141 min.

SERVINGS



10

CALORIES



1621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup firmly brown sugar dark packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.8 cup honey
- ☐ 9 lb ready-to-cook bone-in

Equipment

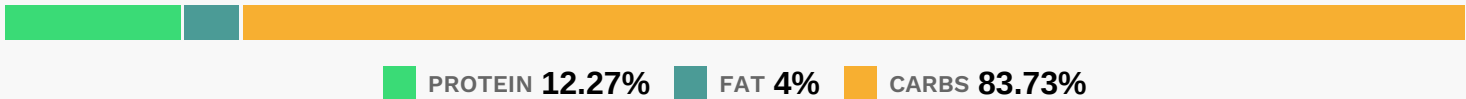
- ☐ oven

- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Slice away hard outer skin from ham with a sharp knife, leaving a thin layer of fat.
- ☐ Place ham, fat side up, on a rack in a shallow roasting pan. Score top of ham in a diamond pattern; insert a meat thermometer into ham, making sure it does not touch fat or bone.
- ☐ Bake ham on lowest oven rack at 325 for 1 1/2 hours.
- ☐ Remove ham from oven, leaving oven on.
- ☐ Brush ham with honey.
- ☐ Combine sugar and spices; pat over honey, coating ham well.
- ☐ Return ham to oven, and continue to bake at 325 for 35 to 45 minutes or until thermometer registers 14
- ☐ (Cover ham with aluminum foil during the last 20 minutes, if necessary, to prevent excessive browning.)
- ☐ Let ham stand 15 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:12.73, Glycemic Load:10.97, Inflammation Score:4, Nutrition Score:4.7534783169951%

Nutrients (% of daily need)

Calories: 1620.95kcal (81.05%), Fat: 7.41g (11.4%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 349.1g (116.37%), Net Carbohydrates: 334.26g (121.55%), Sugar: 49.59g (55.1%), Cholesterol: 182.24mg (60.75%), Sodium: 7.78mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.16g (102.33%), Fiber: 14.84g (59.36%), Potassium: 1030.21mg (29.43%), Manganese: 0.2mg (9.77%), Calcium: 23.42mg (2.34%), Iron: 0.31mg (1.72%), Copper: 0.02mg (1.15%)