



WHATSheATE



Honey-and-Rye-Glazed Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



757 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoons pepper black
- ☐ 12 pound ham smoked bone-in skinless (if needed)
- ☐ 0.8 cup honey
- ☐ 0.3 cup blackstrap molasses light ()
- ☐ 1 teaspoon pepper red crushed
- ☐ 1.5 cups irish whiskey (bourbon or other whiskey will do, too)

Equipment

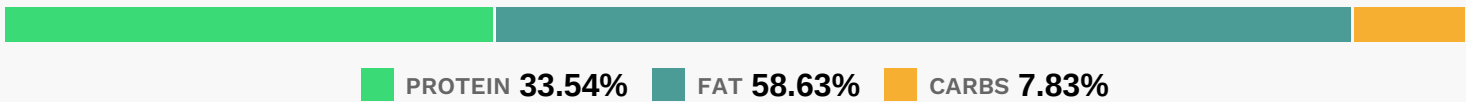
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk 1 1/2 cups rye whiskey (bourbon or other whiskey will do, too), 3/4 cup honey, 1/4 cup mild-flavored (light) molasses, 1 teaspoon crushed red pepper flakes, and 1/2 teaspoons coarsely ground black pepper in a medium bowl.
- ☐ Set one 12–14-pound cured smoked bone-in ham (skin removed if needed) on a rack in a large roasting pan and pour in 2 cups water. Score fat in a crosshatch pattern.
- ☐ Brush ham with rye whiskey mixture and roast, basting every 20 minutes with pan juices and tenting with foil if browning too quickly, until an instant-read thermometer inserted into thickest part of ham registers 135°F, 1 1/2–2 hours.
- ☐ Transfer ham to a cutting board and let rest 10 minutes before slicing.
- ☐ Serve with pan juices.
- ☐ Hot & Tangy = Maple Syrup + Apple Cider Vinegar + Prepared Hot Mustard
- ☐ Holiday Spirit = Orange Marmalade + Rum + Ground Cloves
- ☐ Sweet & Spiced = Apricot Jam + Orange Juice + Crushed Fennel Seeds

Nutrition Facts



Properties

Glycemic Index:7.16, Glycemic Load:6.86, Inflammation Score:-3, Nutrition Score:25.288695777888%

Nutrients (% of daily need)

Calories: 756.86kcal (37.84%), Fat: 45.66g (70.25%), Saturated Fat: 16.28g (101.74%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 13.65g (4.96%), Sugar: 13.61g (15.12%), Cholesterol: 168.74mg (56.25%), Sodium: 3234.2mg (140.62%), Alcohol: 6.37g (100%), Alcohol %: 2.63% (100%), Protein: 58.76g (117.52%), Vitamin B1: 1.64mg (109.27%), Selenium: 62.65µg (89.51%), Vitamin B3: 12.22mg (61.08%), Phosphorus: 585.14mg (58.51%), Vitamin B6: 1.07mg (53.39%), Zinc: 6.36mg (42.42%), Vitamin B2: 0.61mg (35.74%), Vitamin B12: 1.74µg (29.03%), Potassium: 849.27mg (24.26%), Magnesium: 62.39mg (15.6%), Iron: 2.65mg (14.7%), Vitamin B5: 1.29mg (12.88%), Copper: 0.26mg (12.76%), Vitamin D: 1.91µg (12.7%), Vitamin E: 1.02mg (6.79%), Manganese: 0.12mg (6.11%), Calcium: 29mg (2.9%), Folate: 8.46µg (2.11%)