



Honey-Bourbon Boneless Glazed Ham

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



600 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.3 cup dijon mustard
- ☐ 4 lb ham smoked boneless fully cooked
- ☐ 0.5 cup honey
- ☐ 0.3 cup blackstrap molasses

Equipment

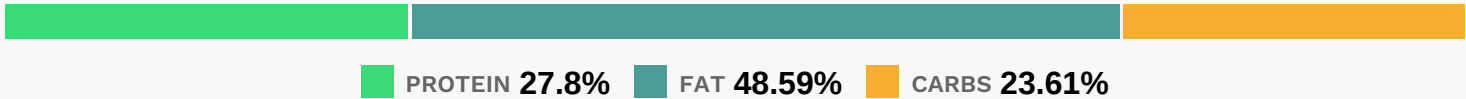
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Stir together brown sugar and next 4 ingredients; stir in cloves.
- ☐ Place ham in a foil-lined 13- x 9-inch pan.
- ☐ Pour sauce over ham.
- ☐ Bake at 350 on lowest oven rack 1 hour, basting with pan juices every 30 minutes.
- ☐ Remove ham from oven, and let stand 30 minutes.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:11, Inflammation Score:-3, Nutrition Score:19.103478307309%

Nutrients (% of daily need)

Calories: 599.58kcal (29.98%), Fat: 30.72g (47.26%), Saturated Fat: 10.87g (67.96%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 33.2g (12.07%), Sugar: 33.1g (36.77%), Cholesterol: 112.49mg (37.5%), Sodium: 2252.99mg (97.96%), Alcohol: 4.01g (100%), Alcohol %: 2.11% (100%), Protein: 39.55g (79.11%), Vitamin B1: 1.11mg (74.1%), Selenium: 46.28µg (66.11%), Vitamin B3: 8.28mg (41.4%), Phosphorus: 402.32mg (40.23%), Vitamin B6: 0.78mg (38.96%), Zinc: 4.34mg (28.94%), Vitamin B2: 0.41mg (24.33%), Potassium: 719.05mg (20.54%), Vitamin B12: 1.16µg (19.35%), Magnesium: 66.97mg (16.74%), Iron: 2.39mg (13.3%), Manganese: 0.25mg (12.73%), Copper: 0.23mg (11.26%), Vitamin B5: 0.97mg (9.7%), Vitamin D: 1.27µg (8.47%), Calcium: 51.1mg (5.11%), Vitamin E: 0.68mg (4.55%), Folate: 6.47µg (1.62%), Fiber: 0.39g (1.56%)