



Honey-Bourbon Glazed Ham

 Dairy Free

READY IN



20 min.

SERVINGS



15

CALORIES



523 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup dijon mustard
- ☐ 9.3 lb finely-chopped ham bone-in fully cooked
- ☐ 0.5 cup honey
- ☐ 0.3 cup blackstrap molasses

Equipment

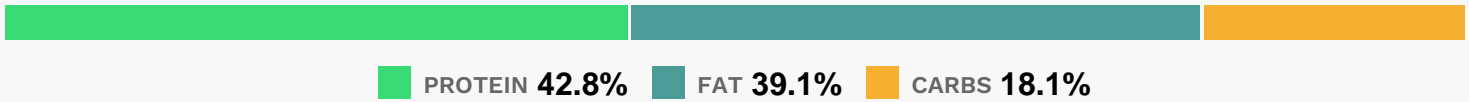
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Remove skin from ham, and trim fat to 1/4-inch thickness. Make shallow cuts in fat 1 inch apart in a diamond pattern; insert cloves in centers of diamonds.
- ☐ Place ham in an aluminum foil-lined 13- x 9-inch pan.
- ☐ Stir together brown sugar and next 4 ingredients; spoon over ham.
- ☐ Bake at 350 on lowest oven rack 2 hours and 30 minutes, basting with pan juices every 30 minutes. Shield ham with foil after 1 hour to prevent excessive browning.
- ☐ Remove ham from oven, and let stand 30 minutes.
- ☐ TRY THIS TWIST!
- ☐ Honey-Bourbon Boneless Glazed Ham: Substitute 1 (4-lb.) smoked, fully cooked boneless ham for bone-in. Reduce cloves to 3 (do not insert into ham). Stir together brown sugar mixture as directed in Step 2; stir in cloves.
- ☐ Place ham in a foil-lined 13- x 9-inch pan.
- ☐ Pour sauce over ham.
- ☐ Bake as directed, reducing bake time to 1 hour and basting every 30 minutes. Makes 10 servings. Hands-on time: 10 min.; Total time: 1 hr., 10 min.

Nutrition Facts



Properties

Glycemic Index:9.55, Glycemic Load:7.33, Inflammation Score:-5, Nutrition Score:30.893043457166%

Nutrients (% of daily need)

Calories: 522.57kcal (26.13%), Fat: 21.51g (33.09%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 22.39g (7.46%), Net Carbohydrates: 22.13g (8.05%), Sugar: 22.06g (24.51%), Cholesterol: 204.19mg (68.06%), Sodium: 3296.93mg (143.34%), Alcohol: 2.67g (100%), Alcohol %: 1.06% (100%), Protein: 52.98g (105.95%), Vitamin B1: 1.5mg (99.77%), Selenium: 58.78µg (83.97%), Phosphorus: 826.13mg (82.61%), Vitamin C: 65.25mg (79.09%), Vitamin B12: 3.94µg

(65.73%), Vitamin B3: 10.06mg (50.31%), Zinc: 6.32mg (42.17%), Vitamin B2: 0.67mg (39.66%), Vitamin B6: 0.78mg (38.79%), Potassium: 919.43mg (26.27%), Vitamin B5: 2.54mg (25.36%), Magnesium: 80.41mg (20.1%), Copper: 0.37mg (18.43%), Iron: 2.92mg (16.23%), Manganese: 0.28mg (14.21%), Calcium: 42.39mg (4.24%), Folate: 9.08µg (2.27%), Fiber: 0.26g (1.04%)