



Honey Butter Yule Ham

 Gluten Free

READY IN



250 min.

SERVINGS



20

CALORIES



761 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 12 pound ham bone-in
- ☐ 0.8 cup honey

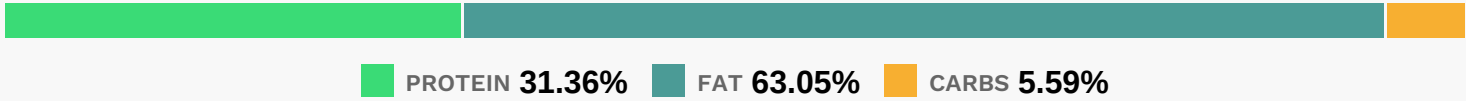
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Cut 1 inch deep criss-crosses into the flat side of the ham. In a small bowl, mix together the butter and honey. Slather onto the ham, making sure to get in the crevices too. Insert cloves into the ham if desired.
- ☐ Place in a roasting pan.
- ☐ Bake for 4 hours in the preheated oven, or 20 minutes per pound. The internal temperature should reach 160 degrees F (70 degrees C). Baste every 20 minutes with the drippings.
- ☐ Remove, slice, serve, savor.

Nutrition Facts



Properties

Glycemic Index:5.11, Glycemic Load:5.46, Inflammation Score:-3, Nutrition Score:24.893912988836%

Nutrients (% of daily need)

Calories: 761.02kcal (38.05%), Fat: 52.54g (80.84%), Saturated Fat: 20.65g (129.06%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 10.45g (3.8%), Sugar: 10.44g (11.6%), Cholesterol: 187.04mg (62.35%), Sodium: 3285.73mg (142.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.81g (117.63%), Vitamin B1: 1.64mg (109.07%), Selenium: 61.97µg (88.52%), Vitamin B3: 12.16mg (60.8%), Phosphorus: 584.96mg (58.5%), Vitamin B6: 1.04mg (51.87%), Zinc: 6.35mg (42.33%), Vitamin B2: 0.61mg (35.83%), Vitamin B12: 1.76µg (29.27%), Potassium: 787.02mg (22.49%), Iron: 2.42mg (13.46%), Magnesium: 52.13mg (13.03%), Vitamin D: 1.91µg (12.7%), Vitamin B5: 1.26mg (12.62%), Copper: 0.23mg (11.52%), Vitamin E: 1.18mg (7.85%), Vitamin A: 212.73IU (4.25%), Manganese: 0.05mg (2.41%), Calcium: 21.86mg (2.19%), Folate: 8.67µg (2.17%)