



Honey-Coriander Glazed Ham



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons cider vinegar
- ☐ 1.5 tablespoons coriander seeds
- ☐ 1.5 teaspoons cumin seeds
- ☐ 3 tablespoons honey
- ☐ 5 pound 3%-less-sodium smoked bone-in fully cooked
- ☐ 1 teaspoon paprika

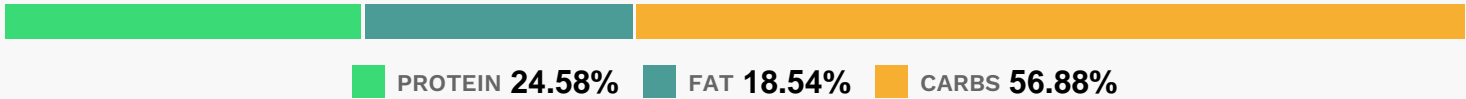
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat a small skillet over medium heat.
- ☐ Add coriander seeds and cumin seeds to pan; cook 2 minutes or until seeds are golden brown and fragrant, stirring frequently.
- ☐ Place coriander mixture in a spice or coffee grinder; pulse until coarsely ground.
- ☐ Add sugar and paprika; pulse to blend.
- ☐ Trim fat and rind from the ham. Score a diamond pattern across the top of the ham; rub spice mixture evenly over the ham.
- ☐ Preheat oven to 35
- ☐ Combine honey and cider vinegar.
- ☐ Place the ham, bone end up, in a roasting pan coated with cooking spray.
- ☐ Bake at 350 for 30 minutes. Baste with honey mixture.
- ☐ Bake the ham an additional 1 hour or until a thermometer registers 14
- ☐ Place the ham on serving platter; cover with foil.
- ☐ Let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:5.61, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:1.3956521779461%

Nutrients (% of daily need)

Calories: 34.56kcal (1.73%), Fat: 0.79g (1.22%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 5.26g (1.91%), Sugar: 3.92g (4.35%), Cholesterol: 0mg (0%), Sodium: 35.01mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Vitamin B3: 1.58mg (7.92%), Phosphorus: 36.91mg (3.69%), Copper: 0.07mg (3.27%), Potassium: 111.56mg (3.19%), Iron: 0.44mg (2.47%), Vitamin B2: 0.04mg (2.24%), Vitamin B12: 0.11µg (1.89%), Manganese: 0.02mg (1.04%), Vitamin A: 51.16IU (1.02%), Calcium: 10.11mg (1.01%)