



Honey-Glazed Baked Ham (Crowd Size)

 **Gluten Free**  **Dairy Free**

READY IN



170 min.

SERVINGS



12

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pounds ham smoked bone-in fully cooked
- 0.3 cup honey
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground mustard
- 1 cloves frangelico whole

Equipment

- frying pan
- oven

- kitchen thermometer
- aluminum foil

Directions

- Place ham, fat side up, on rack in shallow roasting. Insert meat thermometer into ham surface at a slight angle or through the end of the ham so tip is in center of thickest part of ham and does not touch bone or fat.
- Roast 12 to 16 minutes per pound in 325°F oven or until thermometer reads 120°F.
- Remove ham from oven.
- Pour drippings from pan.
- Remove any skin from ham.
- Cut fat surface of ham lightly in uniform diamond shapes; insert whole clove in each diamond.
- Mix honey, mustard and ground cloves; brush on ham. Roast uncovered about 20 minutes longer or until thermometer reads 135°F.
- Cover ham with tent of aluminum foil and let stand about 10 minutes or until thermometer reads 140°F.

Nutrition Facts



PROTEIN 34.85% **FAT 60.97%** **CARBS 4.18%**

Properties

Glycemic Index:4.36, Glycemic Load:3.03, Inflammation Score:-1, Nutrition Score:20.875652091011%

Nutrients (% of daily need)

Calories: 573.12kcal (28.66%), Fat: 38.07g (58.57%), Saturated Fat: 13.57g (84.79%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 5.83g (2.12%), Sugar: 5.8g (6.45%), Cholesterol: 140.61mg (46.87%), Sodium: 2692.48mg (117.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.97g (97.93%), Vitamin B1: 1.36mg (90.92%), Selenium: 51.72µg (73.88%), Vitamin B3: 10.13mg (50.65%), Phosphorus: 486.36mg (48.64%), Vitamin B6: 0.86mg (43.2%), Zinc: 5.28mg (35.22%), Vitamin B2: 0.5mg (29.66%), Vitamin B12: 1.45µg (24.19%), Potassium: 653.35mg (18.67%), Iron: 2.02mg (11.2%), Magnesium: 43.65mg (10.91%), Vitamin D: 1.59µg (10.58%), Vitamin B5: 1.04mg (10.42%), Copper: 0.19mg (9.57%), Vitamin E: 0.82mg (5.5%), Manganese: 0.06mg (3.22%), Folate: 7.09µg (1.77%), Calcium: 16.78mg (1.68%)