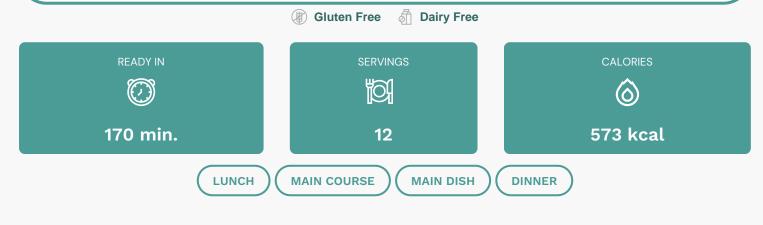


Honey-Glazed Baked Ham (Crowd Size)



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

Ш	frying pan
	oven

	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)

kitchen thermometer

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: Og (100%), Alcohol %: O% (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%)