



Honey Glazed Ham

 Gluten Free

READY IN



95 min.

SERVINGS



15

CALORIES



593 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup butter
- 0.3 cup corn syrup dark
- 5 pound ham
- 2 cups honey

Equipment

- frying pan
- oven
- double boiler

aluminum foil

broiler

Directions

Preheat oven to 325 degrees F (165 degrees C).

Score ham, and stud with the whole cloves.

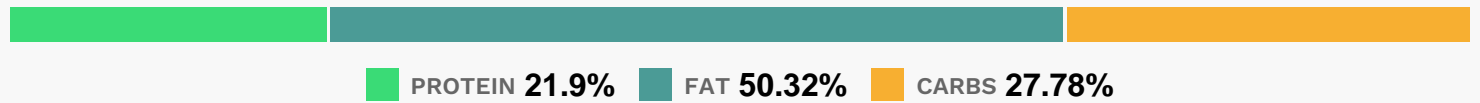
Place ham in foil lined pan.

In the top half of a double boiler, heat the corn syrup, honey and butter. Keep glaze warm while baking ham.

Brush glaze over ham, and bake for 1 hour and 15 minutes in the preheated oven. Baste ham every 10 to 15 minutes with the honey glaze. During the last 4 to 5 minutes of baking, turn on broiler to caramelize the glaze.

Remove from oven, and let sit a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.82, Glycemic Load:23.39, Inflammation Score:-2, Nutrition Score:14.645652199569%

Nutrients (% of daily need)

Calories: 593.41kcal (29.67%), Fat: 33.54g (51.6%), Saturated Fat: 14.23g (88.92%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 41.57g (15.12%), Sugar: 41.53g (46.14%), Cholesterol: 115.43mg (38.48%), Sodium: 1870.2mg (81.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.83g (65.67%), Vitamin B1: 0.91mg (60.66%), Selenium: 34.95µg (49.93%), Vitamin B3: 6.8mg (34.02%), Phosphorus: 328.42mg (32.84%), Vitamin B6: 0.59mg (29.31%), Zinc: 3.62mg (24.12%), Vitamin B2: 0.36mg (20.9%), Vitamin B12: 0.98µg (16.41%), Potassium: 460.85mg (13.17%), Iron: 1.53mg (8.49%), Magnesium: 30.29mg (7.57%), Vitamin B5: 0.73mg (7.34%), Copper: 0.14mg (7.24%), Vitamin D: 1.06µg (7.06%), Vitamin E: 0.78mg (5.19%), Vitamin A: 252.12IU (5.04%), Manganese: 0.06mg (3.15%), Calcium: 16.74mg (1.67%), Folate: 5.74µg (1.44%)