



## Honey-Glazed Ham



Gluten Free



Dairy Free

READY IN



165 min.

SERVINGS



12

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup t brown sugar dark packed
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon ground ginger
- ☐ 8 lb ham smoked bone-in fully cooked
- ☐ 2 tablespoons honey
- ☐ 0.3 cup orange juice

## Equipment

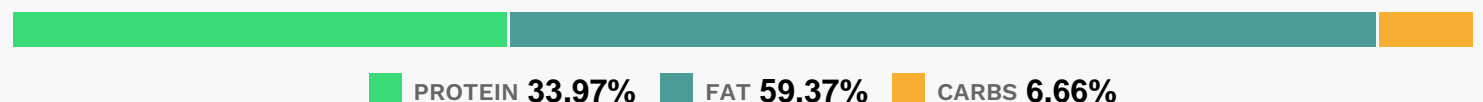
- ☐ bowl

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

## Directions

- ☐ Preheat oven to 350F.
- ☐ Remove tough skin from ham, leaving a thin layer of fat. (Ham will look a bit raggedy after this step.) Using a sharp knife, score fat in a diamond pattern. Press a clove into center of each diamond.
- ☐ Transfer ham to a large roasting pan and pour in 1 cup water. Cover tightly with foil and bake for 1 hour.
- ☐ Make glaze: In a bowl, whisk brown sugar, orange juice, honey, ginger and mustard until smooth.
- ☐ Remove foil from ham; brush with a third of glaze.
- ☐ Bake, uncovered, for 30 minutes.
- ☐ Brush with half of remaining glaze; bake 15 minutes longer, adding more water to pan if necessary to prevent scorching.
- ☐ Brush with remaining glaze.
- ☐ Bake, checking every 15 minutes, until an instant-read thermometer inserted into thickest part of ham registers 140F, about 30 minutes longer. Tent ham with foil if it is browning too quickly.
- ☐ Remove ham from oven and let rest, loosely covered with foil, for at least 20 minutes.
- ☐ Serve warm, at room temperature or cold with assorted mustards.

## Nutrition Facts



## Properties

Glycemic Index:11.36, Glycemic Load:1.79, Inflammation Score:-2, Nutrition Score:27.627391152732%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 785.54kcal (39.28%), Fat: 50.82g (78.19%), Saturated Fat: 18.1g (113.13%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 12.66g (4.6%), Sugar: 12.25g (13.61%), Cholesterol: 187.48mg (62.49%), Sodium: 3619.8mg (157.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.43g (130.86%), Vitamin B1: 1.83mg (121.8%), Selenium: 69.87µg (99.81%), Vitamin B3: 13.58mg (67.89%), Phosphorus: 651.91mg (65.19%), Vitamin B6: 1.16mg (58%), Zinc: 7.06mg (47.07%), Vitamin B2: 0.67mg (39.62%), Vitamin B12: 1.94µg (32.26%), Potassium: 898.44mg (25.67%), Iron: 2.84mg (15.8%), Magnesium: 61.01mg (15.25%), Vitamin B5: 1.42mg (14.16%), Vitamin D: 2.12µg (14.11%), Copper: 0.26mg (13.13%), Manganese: 0.2mg (10.05%), Vitamin E: 1.1mg (7.33%), Vitamin C: 2.61mg (3.17%), Calcium: 31.6mg (3.16%), Folate: 11.01µg (2.75%)