



Honey-Mustard Glazed Ham

 Gluten Free

READY IN



145 min.

SERVINGS



10

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup t brown sugar dark packed
- 10 pound ham smoked bone-in
- 1 cup honey
- 4 tablespoons butter unsalted ()
- 0.3 cup coarse mustard

Equipment

- baking sheet
- sauce pan

- baking paper
- oven
- knife
- aluminum foil

Directions

- Heat the oven to 350°F and arrange a rack in the lower third.
- Remove any plastic packaging or netting from the ham. Trim away any excess fat, leaving about a 1/4-inch layer all over. Set the ham aside to rest at room temperature for 30 minutes. Line a baking sheet with several sheets of aluminum foil (it will make cleanup a lot easier).
- Place the ham, cut side down, on the baking sheet and cover it with a piece of parchment paper. Tightly cover the ham and parchment paper with aluminum foil and bake for 45 minutes. Meanwhile, combine the remaining ingredients in a small saucepan over medium-low heat, stirring occasionally, until the butter melts and the brown sugar has completely dissolved, about 3 minutes. Set aside and let cool to lukewarm (the glaze should be the consistency of room-temperature honey). When the ham is ready, remove it from the oven and increase the oven temperature to 425°F. Discard the foil and parchment paper and, using a sharp knife, score a 1-inch-wide diamond pattern (don't cut more than 1/4 inch deep) over the entire ham.
- Brush the ham with a quarter of the glaze (about a generous 1/3 cup), return it to the oven, and bake uncovered for 15 minutes.
- Remove from the oven, brush with another quarter of the glaze, and repeat every 15 minutes until all of the glaze has been used and a dark golden-brown crust has formed, about 55 to 60 minutes total.
- Let the ham rest 20 to 30 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:8.43, Glycemic Load:14.59, Inflammation Score:-4, Nutrition Score:14.784347930032%

Nutrients (% of daily need)

Calories: 616.96kcal (30.85%), Fat: 21.08g (32.43%), Saturated Fat: 8.44g (52.72%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 33.78g (12.28%), Sugar: 33.71g (37.46%), Cholesterol: 229.76mg (76.59%), Sodium: 5578.6mg (242.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.72g (151.43%), Phosphorus: 1066.51mg (106.65%), Zinc: 8.33mg (55.54%), Copper: 1.11mg (55.45%), Magnesium: 144.89mg (36.22%), Potassium: 1251.25mg (35.75%), Iron: 6.18mg (34.32%), Calcium: 57.22mg (5.72%), Selenium: 2.51µg (3.59%), Vitamin A: 144.36IU (2.89%), Manganese: 0.06mg (2.84%), Fiber: 0.34g (1.34%), Vitamin B2: 0.02mg (1.11%), Vitamin E: 0.15mg (1.01%)