



## Honey-Orange Glazed Ham

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



130 min.

SERVINGS



3

CALORIES



2152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 8 pound ham whole fully cooked
- 1 cup honey
- 2 tablespoons orange juice

### Equipment

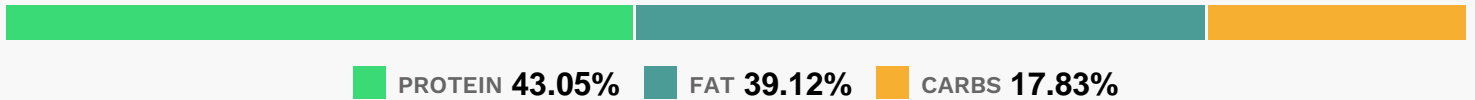
- bowl
- oven

roasting pan

## Directions

- Preheat an oven to 325 degrees F (165 degrees C). Stir the orange juice, cinnamon, clove, and honey together in a small bowl; set aside. Stir in almond extract if desired.
- Place the ham in a shallow roasting pan.
- Bake in the preheated oven 1 hour and 15 minutes.
- Remove the ham from the oven, and baste with the honey glaze. Return to the oven; continue cooking until the ham reaches an internal temperature of 140 degrees F (60 degrees C), about 45 minutes longer. Baste occasionally as the ham finishes baking.

## Nutrition Facts



## Properties

Glycemic Index:36.42, Glycemic Load:49.16, Inflammation Score:-9, Nutrition Score:58.964348110168%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 2151.76kcal (107.59%), Fat: 92.22g (141.87%), Saturated Fat: 20.58g (128.66%), Carbohydrates: 94.53g (31.51%), Net Carbohydrates: 94.14g (34.23%), Sugar: 93.73g (104.15%), Cholesterol: 882.99mg (294.33%), Sodium: 13975.76mg (607.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 228.32g (456.64%), Vitamin B1: 6.42mg (428.08%), Phosphorus: 3538.7mg (353.87%), Vitamin C: 288.07mg (349.18%), Selenium: 240.43µg (343.47%), Vitamin B12: 17.06µg (284.25%), Vitamin B3: 43.16mg (215.82%), Zinc: 27.23mg (181.57%), Vitamin B2: 2.93mg (172.09%), Vitamin B6: 3.13mg (156.45%), Vitamin B5: 10.66mg (106.59%), Potassium: 3482.76mg (99.51%), Copper: 1.43mg (71.29%), Magnesium: 258.05mg (64.51%), Iron: 10.81mg (60.07%), Manganese: 0.79mg (39.49%), Folate: 42µg (10.5%), Calcium: 83.32mg (8.33%), Fiber: 0.39g (1.57%)