



HEALTH SCORE

62%

Honey-Orange Glazed Ham



Gluten Free



Dairy Free



Very Healthy

READY IN



130 min.

SERVINGS



3

CALORIES



2153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

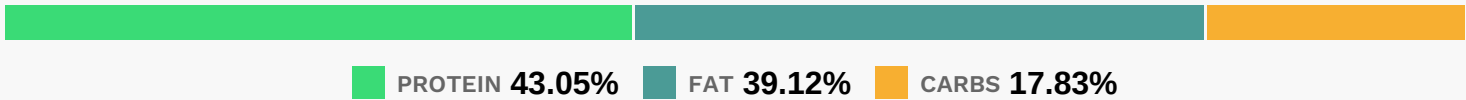
- ☐ bowl

- ☐ 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:58.967825870151%

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, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 2152.72kcal (107.64%), Fat: 92.22g (141.87%), Saturated Fat: 20.58g (128.66%), Carbohydrates: 94.58g (31.53%), Net Carbohydrates: 94.18g (34.25%), Sugar: 93.77g (104.19%), Cholesterol: 882.99mg (294.33%), Sodium: 13975.79mg (607.64%), Alcohol: 0.11g (100%), Alcohol %: 0.01% (100%), Protein: 228.32g (456.64%), Vitamin B1: 6.42mg (428.09%), Phosphorus: 3538.72mg (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: 27.24mg (181.57%), Vitamin B2: 2.93mg (172.11%), Vitamin B6: 3.13mg (156.46%), Vitamin B5: 10.66mg (106.6%), Potassium: 3483.26mg (99.52%), Copper: 1.43mg (71.3%), Magnesium: 258.09mg (64.52%), Iron: 10.81mg (60.07%), Manganese: 0.79mg (39.53%), Folate: 42µg (10.5%), Calcium: 83.36mg (8.34%), Fiber: 0.39g (1.57%)