

Honey-Orange Ham



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ground mustard
- ☐ 6 pounds ham bone-in fully cooked
- ☐ 0.3 cup honey
- ☐ 1 cranberry-orange relish
- ☐ 1 cloves frangelico whole

Equipment

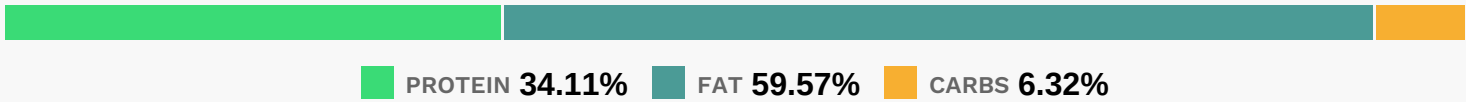
- ☐ bowl
- ☐ oven

- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ metal skewers

Directions

- ☐ Grate 1 tablespoon peel from orange; squeeze juice.
- ☐ Mix peel and juice with honey and mustard in small bowl. Pierce surface of ham at 2-inch intervals with metal skewer; place in 2-gallon resealable plastic food-storage bag.
- ☐ Pour honeymixture over ham; seal bag. Refrigerate 2 hours.
- ☐ Heat oven to 32
- ☐ Place ham, fat side up, on rack in shallow roasting pan. Discard marinade. Insert cloves in ham. Insert meat thermometer so tip is in thickest part of ham and does not touch bone or rest in fat.
- ☐ Bake uncovered 1 hour. Cover loosely with aluminum foil so ham does not overbrown.
- ☐ Bake 1 hour to 1 hour 30 minutes longer or until thermometer reads 135 to 14
- ☐ Let ham stand loosely covered 10 to 15 minutes for easier carving.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:4.48, Inflammation Score:-2, Nutrition Score:21.439565430922%

Flavonoids

Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 585.72kcal (29.29%), Fat: 38.11g (58.63%), Saturated Fat: 13.57g (84.8%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 8.79g (3.2%), Sugar: 8.76g (9.74%), Cholesterol: 140.61mg (46.87%), Sodium: 2692.47mg (117.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.09g (98.19%), Vitamin B1: 1.37mg (91.59%), Selenium: 51.96µg (74.23%), Vitamin B3: 10.17mg (50.84%), Phosphorus: 488.63mg (48.86%), Vitamin B6: 0.87mg (43.56%), Zinc: 5.3mg (35.33%), Vitamin B2: 0.51mg (29.98%), Vitamin B12: 1.45µg (24.19%), Potassium: 674.52mg (19.27%), Iron: 2.04mg (11.33%), Magnesium: 44.99mg (11.25%), Vitamin B5: 1.07mg (10.72%), Vitamin D: 1.59µg (10.58%), Copper: 0.2mg (9.88%), Vitamin C: 5.87mg (7.11%), Vitamin E: 0.84mg (5.63%), Folate: 10.54µg (2.63%), Manganese: 0.05mg (2.3%), Calcium: 21.25mg (2.13%), Fiber: 0.3g (1.2%)