



## Honeycomb Spiral Ham

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



1093 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 servings pepper black freshly ground
- 0.5 cup cranberries dried chopped
- 1 tablespoon rosemary leaves fresh chopped
- 11 ounce graham cracker squares
- 8 pound ham smoked bone-in fully cooked
- 1 tablespoon orange zest (from 1 orange)
- 12 servings croissants mini

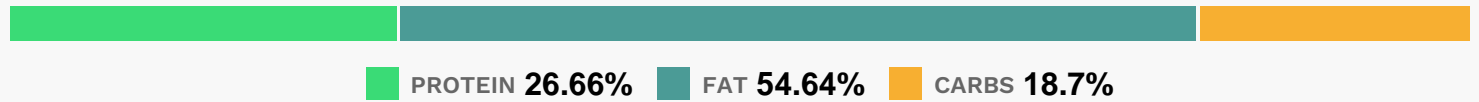
### Equipment

- oven
- knife
- roasting pan

## Directions

- Unwrap ham and place in a roasting pan. Gently separate the slices.
- Drizzle 3 tablespoons honey from honeycomb or honey jar over the ham.
- Bake ham, uncovered, at 325 for 25 minutes.
- Remove ham from oven, and transfer to a serving platter. Slice honeycomb into 1/4-inch-thick slices with a sharp knife dipped in hot water.
- Place slices of honeycomb between slices of ham.
- Sprinkle with orange zest, cranberries, rosemary, and pepper.
- Serve with rolls or mini croissants.

## Nutrition Facts



## Properties

Glycemic Index:14.42, Glycemic Load:30.51, Inflammation Score:-6, Nutrition Score:32.541738862577%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 1092.93kcal (54.65%), Fat: 65.35g (100.54%), Saturated Fat: 25.17g (157.3%), Carbohydrates: 50.31g (16.77%), Net Carbohydrates: 47.58g (17.3%), Sugar: 16.09g (17.87%), Cholesterol: 225.67mg (75.22%), Sodium: 3979.89mg (173.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.75g (143.5%), Vitamin B1: 2.1mg (139.95%), Selenium: 81.62µg (116.6%), Vitamin B3: 15.76mg (78.78%), Phosphorus: 760.25mg (76.02%), Vitamin B6: 1.21mg (60.59%), Zinc: 7.96mg (53.04%), Vitamin B2: 0.87mg (51.2%), Vitamin B12: 2.03µg (33.78%), Potassium: 984.08mg (28.12%), Iron: 4.91mg (27.25%), Magnesium: 82.54mg (20.64%), Vitamin B5: 1.89mg (18.89%), Folate: 71.53µg (17.88%), Copper: 0.31mg (15.49%), Vitamin D: 2.12µg (14.11%), Manganese: 0.26mg (12.91%), Vitamin E:

1.68mg (11.17%), Fiber: 2.73g (10.94%), Vitamin A: 431.6IU (8.63%), Calcium: 65.02mg (6.5%), Vitamin K: 1.57µg (1.5%),  
Vitamin C: 0.84mg (1.02%)