

Horseradish and Honey-Glazed Ham



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



4545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown sugar packed
- 0.1 teaspoon ground cloves
- 5 pound ham boneless fully cooked
- 0.3 cup honey warmed
- 0.5 cup horseradish prepared
- 0.3 cup juice of lemon

Equipment

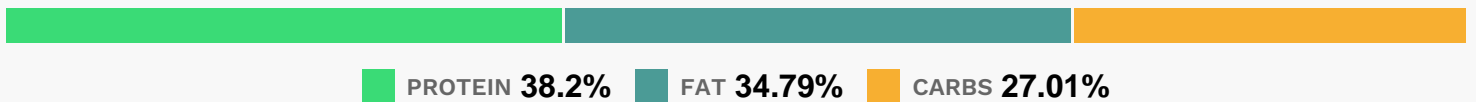
- bowl

- frying pan
- oven
- roasting pan
- kitchen thermometer
- kitchen twine

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut ham into 1/4-inch thick slices and tie slices back together in shape of original ham, using kitchen string.
- Place ham on a rack set in a roasting pan.
- Stir honey and cloves together in a bowl and drizzle honey mixture over ham.
- Bake ham in the preheated oven for 1 hour and 15 minutes, basting often with pan drippings.
- Mix brown sugar, horseradish, and lemon juice together in a bowl. Baste ham with horseradish glaze, allowing glaze to drip between slices.
- Continue baking until glaze has set, ham has browned, and an instant-read meat thermometer inserted into the center of the sliced ham reads at least 140 degrees F (60 degrees C), 25 to 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:87.27, Glycemic Load:39.78, Inflammation Score:-10, Nutrition Score:68.579130382642%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 4544.61kcal (227.23%), Fat: 173.83g (267.42%), Saturated Fat: 38.72g (242%), Carbohydrates: 303.59g (101.2%), Net Carbohydrates: 299.19g (108.8%), Sugar: 294.11g (326.79%), Cholesterol: 1655.61mg (551.87%), Sodium: 26765.25mg (1163.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 429.45g (858.89%), Vitamin B1: 12.04mg (802.99%), Vitamin C: 582.35mg (705.87%), Phosphorus: 6676.98mg (667.7%), Selenium: 455.81µg (651.16%), Vitamin B12: 31.98µg (532.97%), Vitamin B3: 81.45mg (407.24%), Zinc: 51.86mg (345.74%), Vitamin B2: 5.47mg (321.67%), Vitamin B6: 6.03mg (301.66%), Vitamin B5: 20.34mg (203.4%), Potassium: 7070.22mg (202.01%), Copper: 2.8mg (139.98%), Magnesium: 534.47mg (133.62%), Iron: 21.78mg (120.99%), Manganese: 1.58mg (79.17%), Calcium: 396.2mg (39.62%), Folate: 152.6µg (38.15%), Fiber: 4.4g (17.59%), Vitamin K: 1.91µg (1.82%)