



Lela's Baked Ham



Vegetarian



Vegan



Dairy Free

READY IN



220 min.

SERVINGS



10

CALORIES



1382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup firmly brown sugar light packed
- ☐ 2 tablespoons cola drink soft
- ☐ 8 lb ready-to-cook smoked bone-in
- ☐ 10 servings garnish: sage sprigs fresh
- ☐ 1 tablespoon mustard yellow

Equipment

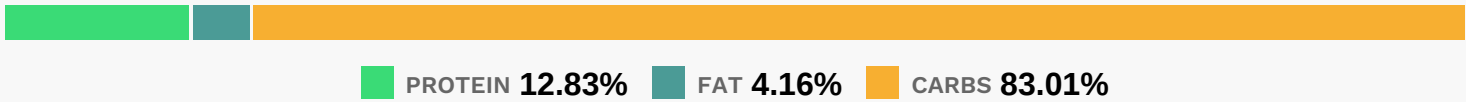
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ If necessary, trim skin or excess fat from ham. Stir together brown sugar and next 2 ingredients in a small bowl.
- ☐ Brush half of glaze over ham. Wrap ham tightly with heavy-duty aluminum foil.
- ☐ Place in a foil-lined 13- x 9-inch pan.
- ☐ Bake ham at 350 for 2 hours and 40 minutes or until a meat thermometer inserted into ham registers 14
- ☐ Uncover ham and brush with remaining glaze.
- ☐ Bake, uncovered, 20 to 30 minutes or until lightly browned.
- ☐ Transfer to a serving dish; let stand 20 minutes. Skim fat from pan drippings, and serve with ham.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.18, Inflammation Score:3, Nutrition Score:4.0239130264229%

Nutrients (% of daily need)

Calories: 1381.64kcal (69.08%), Fat: 6.55g (10.08%), Saturated Fat: 0g (0.03%), Carbohydrates: 294.11g (98.04%), Net Carbohydrates: 281.08g (102.21%), Sugar: 28.12g (31.25%), Cholesterol: 161.99mg (54%), Sodium: 22.78mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.45g (90.91%), Fiber: 13.02g (52.09%), Potassium: 906.52mg (25.9%), Copper: 0.13mg (6.72%), Calcium: 19.53mg (1.95%), Manganese: 0.02mg (1.22%), Selenium: 0.78µg (1.11%), Iron: 0.19mg (1.04%)