



## Mango Glazed Ham

 Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



30

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp firmly brown sugar packed
- 2 Tbsp cilantro leaves chopped
- 6 lb ham boneless fully cooked
- 0.5 cup grey poupon savory honey mustard
- 0.8 cup mangoes pureed
- 1 Tbsp oil
- 2 Tbsp onion finely chopped
- 1 cloves whole

## Equipment

- frying pan
- sauce pan
- oven
- roasting pan

## Directions

- Cook and stir onion in oil in medium saucepan 2 to 3 min. or until tender. Stir in brown sugar; cook 1 min., stirring occasionally.
- Add mango and mustard; stir until well blended. Cook until heated through, stirring occasionally.
- Remove from heat; cool slightly. Stir in cilantro.
- Score ham by making shallow cuts across the surface; insert cloves into corners of scores.
- Place ham in roasting pan.
- Add 3 Tbsp. water to pan.
- Bake as directed on ham package, brushing with 1/2 cup of the glaze during last 20 min. of the baking time.
- Cook remaining glaze in saucepan over medium heat, thinning glaze to desired sauce consistency with water.
- Serve as a sauce with the sliced ham.

## Nutrition Facts

**PROTEIN 46.42%** **FAT 45.09%** **CARBS 8.49%**

## Properties

Glycemic Index:3.69, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:9.7856522617133%

## Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## **Nutrients (% of daily need)**

Calories: 153.4kcal (7.67%), Fat: 7.4g (11.38%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 3.05g (1.11%), Sugar: 2.2g (2.44%), Cholesterol: 66.22mg (22.07%), Sodium: 1068.87mg (46.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.27%), Vitamin B1: 0.48mg (32.15%), Vitamin C: 22.7mg (27.51%), Phosphorus: 265.72mg (26.57%), Selenium: 18µg (25.72%), Vitamin B12: 1.28µg (21.32%), Vitamin B3: 3.25mg (16.26%), Zinc: 2.03mg (13.52%), Vitamin B2: 0.22mg (12.81%), Vitamin B6: 0.24mg (11.92%), Vitamin B5: 0.8mg (8.02%), Potassium: 264.09mg (7.55%), Copper: 0.11mg (5.44%), Magnesium: 19.63mg (4.91%), Iron: 0.79mg (4.37%), Manganese: 0.05mg (2.54%), Folate: 4.65µg (1.16%)