



## Maple-Glazed Ham with Maple-Mustard Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.7 cup dijon mustard divided
- ☐ 8.5 pound 3%-less-sodium smoked fully cooked
- ☐ 1.3 cups maple syrup divided
- ☐ 2 tablespoons orange juice
- ☐ 1 cup orange marmalade
- ☐ 1 teaspoon orange rind grated

## Equipment

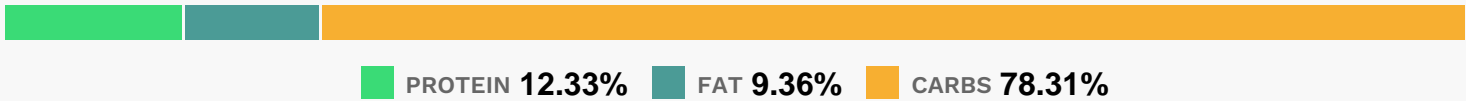
- ☐ sauce pan

- ☐ oven
- ☐ roasting pan

## Directions

- ☐ Trim fat and rind from ham. Score outside of ham in a diamond pattern.
- ☐ Place ham on a rack coated with cooking spray, and place rack in a shallow roasting pan.
- ☐ Combine 1/4 cup maple syrup, 2 tablespoons mustard, orange rind, and orange juice; stir well, and brush over ham.
- ☐ Bake at 425 for 5 minutes. Reduce oven temperature to 325, and cook an additional 1 hour and 30 minutes or until thoroughly heated. Baste ham with maple syrup mixture every 30 minutes.
- ☐ Transfer ham to a platter, and let stand 15 minutes before slicing.
- ☐ Combine remaining syrup, remaining mustard, and marmalade in a small saucepan. Cook over medium heat 3 minutes or until thoroughly heated, stirring constantly.
- ☐ Serve with ham.
- ☐ Note: Reserve the (18-ounce) ham bone from the Maple-Glazed Ham With Maple-Mustard Sauce to use in the Spicy Ham-and-Bean Soup recipe.

## Nutrition Facts



## Properties

Glycemic Index:5.02, Glycemic Load:4.22, Inflammation Score:-1, Nutrition Score:3.8604348136679%

## Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 108.72kcal (5.44%), Fat: 1.2g (1.85%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 22.6g (7.53%), Net Carbohydrates: 22.2g (8.07%), Sugar: 18.48g (20.53%), Cholesterol: 0mg (0%), Sodium: 133.27mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Manganese: 0.42mg (20.87%), Vitamin B2: 0.27mg (15.86%), Vitamin B3: 2.27mg (11.33%), Phosphorus: 56.46mg (5.65%), Potassium: 194.21mg (5.55%), Copper: 0.1mg (4.99%), Selenium: 2.43µg (3.48%), Calcium: 34.42mg (3.44%), Iron: 0.49mg (2.72%), Vitamin B12: 0.16µg (2.68%),

Magnesium: 8.89mg (2.22%), Zinc: 0.33mg (2.19%), Vitamin C: 1.49mg (1.81%), Vitamin B1: 0.03mg (1.75%), Fiber: 0.4g (1.61%), Vitamin B6: 0.02mg (1.2%)