



Maple Syrup-Bourbon Glazed Fresh Ham

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 2 tablespoons brown sugar
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground ginger
- ☐ 6.8 pound ham fresh
- ☐ 0.5 cup maple syrup
- ☐ 1 teaspoon pepper divided

☐ 2 teaspoons salt divided

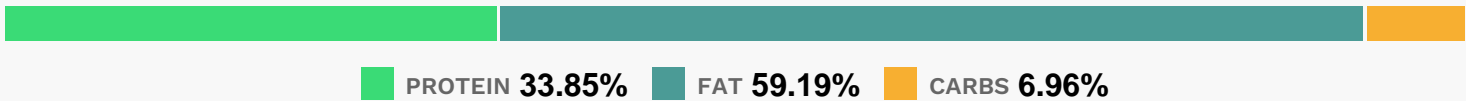
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Combine first 3 ingredients in a small saucepan; bring to boil. Reduce heat to low, and simmer for 5 minutes or until slightly thickened.
- ☐ Remove from heat, and stir in ginger and allspice; let cool slightly.
- ☐ Unroll ham, and trim fat.
- ☐ Spread 1/3 cup syrup mixture and garlic over inside surface of ham, and sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper. Reroll ham, and secure at 2-inch intervals with heavy string.
- ☐ Spread 3 tablespoons syrup mixture over ham, and sprinkle with remaining salt and pepper.
- ☐ Place ham on a broiler pan, and insert meat thermometer into thickest portion of ham.
- ☐ Bake at 350 for 2 hours or until thermometer registers 160, basting with remaining syrup mixture after 1 hour.
- ☐ Place ham on a serving platter; cover with aluminum foil, and let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:2.68, Inflammation Score:-2, Nutrition Score:19.886956550019%

Nutrients (% of daily need)

Calories: 539.02kcal (26.95%), Fat: 34.24g (52.68%), Saturated Fat: 12.21g (76.32%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 8.99g (3.27%), Sugar: 7.99g (8.88%), Cholesterol: 126.55mg (42.18%), Sodium: 2734.5mg (118.89%), Alcohol: 1g (100%), Alcohol %: 0.58% (100%), Protein: 44.07g (88.13%), Vitamin B1: 1.23mg (82.31%), Selenium: 46.43µg (66.33%), Vitamin B3: 9.13mg (45.64%), Phosphorus: 437.7mg (43.77%), Vitamin B6: 0.78mg (38.99%), Vitamin B2: 0.59mg (34.6%), Zinc: 4.82mg (32.13%), Vitamin B12: 1.31µg (21.77%), Potassium: 614.33mg (17.55%), Manganese: 0.32mg (16.12%), Magnesium: 41.7mg (10.42%), Iron: 1.84mg (10.21%), Vitamin D: 1.43µg (9.53%), Vitamin B5: 0.94mg (9.38%), Copper: 0.17mg (8.7%), Vitamin E: 0.74mg (4.91%), Calcium: 28.98mg (2.9%), Folate: 6.2µg (1.55%)