



Mapled Ham

 **Gluten Free**

READY IN



120 min.

SERVINGS



12

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 2 tablespoons butter
- 8 ounce pineapple rings canned
- 4 pound ham boneless
- 2 tablespoons honey
- 1 cup maple syrup
- 2 cups water

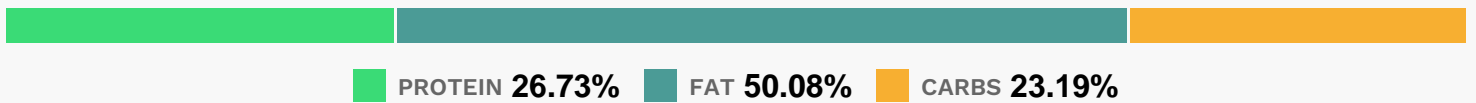
Equipment

- frying pan
- sauce pan
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Prick the ham with a fork.
- Place the pineapple slices on the ham, securing with toothpicks. Press the cloves into the ham.
- Place the ham in a baking dish with the water.
- In a saucepan over low heat, melt the butter, and mix in the syrup, brown sugar, and honey until heated through.
- Pour 1/2 the mixture over the ham.
- Bake the ham 1 hour and 30 minutes in the preheated oven. Baste frequently with the remaining butter and syrup mixture.
- Remove the ham from heat, and drain pan drippings into a saucepan over medium heat. Cook and stir until thickened, and serve with the ham.

Nutrition Facts



Properties

Glycemic Index:11.56, Glycemic Load:8.1, Inflammation Score:-2, Nutrition Score:17.020435054665%

Nutrients (% of daily need)

Calories: 495.99kcal (24.8%), Fat: 27.27g (41.95%), Saturated Fat: 10.24g (64.02%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 28.15g (10.24%), Sugar: 26.09g (28.99%), Cholesterol: 98.76mg (32.92%), Sodium: 1815.72mg (78.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.75g (65.49%), Vitamin B1: 0.95mg (63.05%), Selenium: 34.5µg (49.29%), Vitamin B2: 0.68mg (40.06%), Vitamin B3: 6.83mg (34.15%), Phosphorus: 325.77mg (32.58%), Manganese: 0.64mg (32.2%), Vitamin B6: 0.59mg (29.58%), Zinc: 3.73mg (24.86%), Vitamin B12: 0.97µg

(16.19%), Potassium: 524.71mg (14.99%), Magnesium: 38.12mg (9.53%), Iron: 1.45mg (8.03%), Copper: 0.16mg (7.77%), Vitamin D: 1.06µg (7.06%), Vitamin B5: 0.7mg (7.02%), Calcium: 48.61mg (4.86%), Vitamin E: 0.6mg (4.01%), Vitamin C: 1.79mg (2.17%), Folate: 5.67µg (1.42%), Vitamin A: 67.76IU (1.36%), Fiber: 0.25g (1.01%)