



Marmalade-Glazed Ham with Sweet Orange-Tea Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



1579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ginger tea bags black
- ☐ 1 tablespoon cornstarch dissolved in 1 tablespoon water
- ☐ 0.3 cup dijon mustard
- ☐ 1 tablespoon dijon mustard
- ☐ 16 pound ham smoked bone-in fully cooked
- ☐ 2 cups chicken broth canned
- ☐ 12 servings mint leaves

- ☐ 1 cup orange juice
- ☐ 1 cup orange marmalade
- ☐ 3 tablespoons orange marmalade
- ☐ 2 cups water
- ☐ 2 tablespoons water
- ☐ 36 cloves whole ()

Equipment

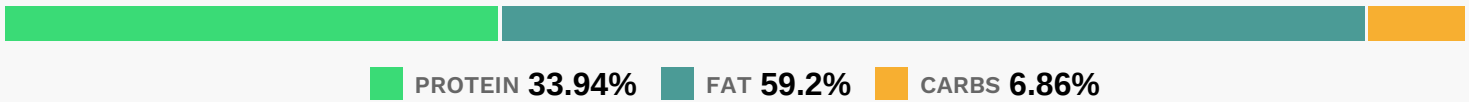
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup
- ☐ cutting board

Directions

- ☐ Position rack in center of oven and preheat to 325°F. Trim any rind and excess fat from upper side of ham, leaving 1/4-inch-thick layer of fat. Using long sharp knife, score fat in 1-inch-wide diamond pattern. Insert 1 clove into center of each scored diamond.
- ☐ Place ham in heavy large roasting pan.
- ☐ Bake until thermometer inserted into center of ham registers 120°F., about 3 hours 45 minutes.
- ☐ Melt 1 cup marmalade in heavy small saucepan over medium heat.
- ☐ Whisk in 1/4 cup mustard and 2 tablespoons water. Boil until mixture thickens enough to coat spoon without dripping, about 6 minutes. Set mixture aside.
- ☐ Transfer ham to cutting board. Increase oven temperature to 425°F.

- ☐ Place same roasting pan atop burner set on medium heat.
- ☐ Whisk remaining 1 1/2 cups water into pan, scraping up browned bits from bottom.
- ☐ Transfer pan juices to 4-cup glass measuring cup. Freeze pan juices 15 minutes. Spoon fat off top of pan juices. Reserve pan juices.
- ☐ Line same pan with foil. Return ham to pan. Generously spoon marmalade mixture over ham.
- ☐ Bake ham until glaze is set and begins to caramelize, about 20 minutes.
- ☐ Let ham stand 30 minutes.
- ☐ Bring 2 cups water to boil in heavy medium saucepan.
- ☐ Add tea bags.
- ☐ Remove from heat; cover and let steep 10 minutes. Discard tea bags.
- ☐ Add 2 cups chicken broth, 1 cup orange juice and 3 tablespoons orange marmalade to tea. Boil mixture until reduced to 3 cups, about 12 minutes.
- ☐ Whisk in 1 tablespoon Dijon mustard and reserved pan juices. Return to boil.
- ☐ Whisk in cornstarch mixture. Boil until sauce thickens slightly, about 4 minutes. Season sauce to taste with pepper. Carve ham and serve with sauce and Pineapple–Mint Relish.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:1.12, Inflammation Score:-5, Nutrition Score:47.947391686232%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 2.57mg, Hesperetin: 2.57mg, Hesperetin: 2.57mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1578.52kcal (78.93%), Fat: 102.32g (157.41%), Saturated Fat: 36.38g (227.37%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 25.04g (9.1%), Sugar: 20.95g (23.28%), Cholesterol: 374.97mg (124.99%), Sodium: 7290.18mg (316.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 131.97g (263.94%), Vitamin B1: 3.67mg (244.85%), Selenium: 139.92µg (199.89%), Vitamin B3: 27.72mg (138.59%), Phosphorus: 1321.72mg (132.17%),

Vitamin B6: 2.33mg (116.69%), Manganese: 1.94mg (96.83%), Zinc: 14.22mg (94.8%), Vitamin B2: 1.38mg (80.94%), Vitamin B12: 3.91µg (65.17%), Potassium: 1862.54mg (53.22%), Iron: 5.94mg (33.02%), Magnesium: 130.31mg (32.58%), Copper: 0.59mg (29.29%), Vitamin B5: 2.85mg (28.46%), Vitamin D: 4.23µg (28.22%), Vitamin E: 2.49mg (16.61%), Vitamin C: 12.2mg (14.79%), Calcium: 84.93mg (8.49%), Folate: 29.53µg (7.38%), Fiber: 1.64g (6.57%), Vitamin K: 4.37µg (4.16%), Vitamin A: 112.82IU (2.26%)