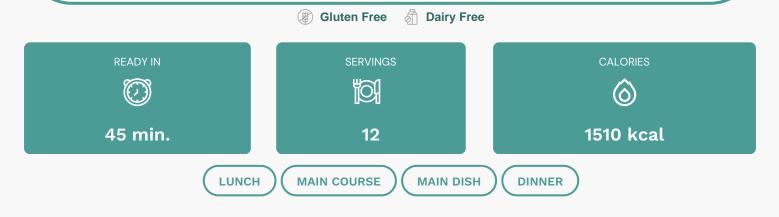


Marmalade-Glazed Ham with Sweet Orange-Tea Sauce



Ingredients

4 tea bags black

5
1 tablespoon cornstarch dissolved in 1 tablespoon water
1 tablespoon dijon mustard
16 pound ham smoked bone-in fully cooked
2 cups low-salt chicken broth canned
12 servings pineapple-mint relish
1 cup orange juice

	3 tablespoons orange marmalade	
	2 cups water	
	2 tablespoons water	
	36 cloves cloves whole ()	
Equipment		
	frying pan	
	sauce pan	
	oven	
	knife	
	whisk	
	roasting pan	
	kitchen thermometer	
	aluminum foil	
	measuring cup	
	cutting board	
Diı	rections	
	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 11/2 cups water into pan, scraping up browned bits from bottom.	

Nutrition Facts
to taste with pepper. Carve ham and serve with sauce and Pineapple-Mint Relish.
Whisk in cornstarch mixture. Boil until sauce thickens slightly, about 4 minutes. Season sauce
Whisk in 1 tablespoon Dijon mustard and reserved pan juices. Return to boil.
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.
Remove from heat; cover and let steep 10 minutes. Discard tea bags.
Add tea bags.
Bring 2 cups water to boil in heavy medium saucepan.
Let ham stand 30 minutes.
Bake ham until glaze is set and begins to caramelize, about 20 minutes.
Line same pan with foil. Return ham to pan. Generously spoon marmalade mixture over ham.
Transfer pan juices to 4-cup glass measuring cup. Freeze pan juices 15 minutes. Spoon fat off top of pan juices. Reserve pan juices.

Properties

Glycemic Index:7, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:47.437391286311%

Flavonoids

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

PROTEIN 35.57% FAT 62.08% CARBS 2.35%

Nutrients (% of daily need)

Calories: 1509.76kcal (75.49%), Fat: 102.14g (157.14%), Saturated Fat: 36.37g (227.29%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 7.49g (2.72%), Sugar: 4.88g (5.42%), Cholesterol: 374.97mg (124.99%), Sodium: 7218.19mg (313.83%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 131.67g (263.34%), Vitamin B1: 3.66mg (244.1%), Selenium: 138µg (197.14%), Vitamin B3: 27.67mg (138.37%), Phosphorus: 1315.05mg (131.51%), Vitamin B6: 2.33mg (116.26%), Manganese: 1.91mg (95.48%), Zinc: 14.18mg (94.51%), Vitamin B2: 1.37mg (80.35%), Vitamin B12: 3.91µg (65.17%), Potassium: 1844.89mg (52.71%), Iron: 5.82mg (32.34%), Magnesium: 127.29mg (31.82%), Vitamin B5: 2.83mg (28.26%), Vitamin D: 4.23µg (28.22%), Copper: 0.56mg (27.9%), Vitamin E: 2.46mg (16.38%), Vitamin C:

10.9mg (13.21%), Calcium: 71.53mg (7.15%), Folate: 26.77µg (6.69%), Fiber: 1.23g (4.93%), Vitamin K: 4.29µg (4.09%), Vitamin A: 92.6IU (1.85%)