



Marmalade-Glazed Ham with Sweet Orange-Tea Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



1510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tea bags black
- 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

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

PROTEIN 35.57% **FAT 62.08%** **CARBS 2.35%**

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 Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, 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: 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 %: 0% (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%)