



Marmalade Raisin Glazed Ham

 Gluten Free  Dairy Free

READY IN



125 min.

SERVINGS



16

CALORIES



216 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons cornstarch
- 0.3 cup golden raisins
- 0.1 teaspoon ground allspice
- 0.1 teaspoon ground cinnamon
- 4 pounds finely-chopped ham boneless fully cooked
- 0.7 cup orange juice divided
- 0.5 cup orange marmalade
- 0.3 cup raisins

1 cup water

Equipment

frying pan

sauce pan

oven

roasting pan

kitchen thermometer

aluminum foil

Directions

Line a shallow roasting pan with foil.

Place ham on a rack in prepared pan.

Bake, uncovered, at 325° for 45 minutes.

Meanwhile, combine the water, 1/2 cup orange juice, marmalade, raisins and spices in a saucepan. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes or until raisins are softened and mixture is reduce to 1-3/4 cups.

Combine cornstarch and remaining orange juice until smooth. Gradually stir into glaze. Bring to a boil; cook and stir for 1-2 minutes or until thickened.

Brush ham with glaze.

Bake 1 to 1-1/2 hours longer or until a thermometer reads 140°, brushing occasionally with glaze.

Nutrition Facts

PROTEIN 40.48% **FAT 36.62%** **CARBS 22.9%**

Properties

Glycemic Index:11.72, Glycemic Load:2.47, Inflammation Score:-2, Nutrition Score:12.758260783942%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 215.65kcal (10.78%), Fat: 8.69g (13.36%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 11.86g (4.31%), Sugar: 8.21g (9.12%), Cholesterol: 82.78mg (27.59%), Sodium: 1317.2mg (57.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.21%), Vitamin B1: 0.61mg (40.9%), Vitamin C: 32.27mg (39.12%), Phosphorus: 337.74mg (33.77%), Selenium: 22.58µg (32.26%), Vitamin B12: 1.6µg (26.65%), Vitamin B3: 4.13mg (20.64%), Zinc: 2.55mg (17.01%), Vitamin B2: 0.28mg (16.7%), Vitamin B6: 0.31mg (15.4%), Potassium: 378.87mg (10.82%), Vitamin B5: 1.02mg (10.15%), Copper: 0.16mg (8.04%), Magnesium: 26.83mg (6.71%), Iron: 1.11mg (6.14%), Manganese: 0.07mg (3.67%), Folate: 7.54µg (1.89%), Calcium: 14.3mg (1.43%), Fiber: 0.36g (1.42%)