



Marsala-Glazed Ham



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



42

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 cup brown sugar packed



0.5 teaspoon allspice



1 tablespoon ground coriander



10 pound low sodium shoyu smoked bone-in fully cooked



1.3 cups plum brandy sweet

Equipment



sauce pan



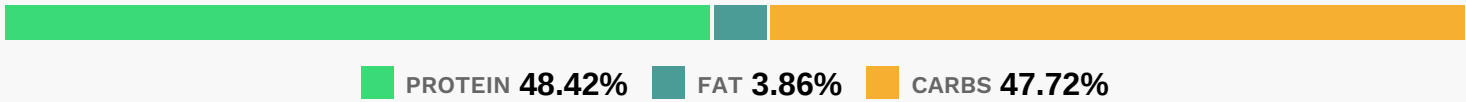
oven

- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer until Marsala mixture is reduced to 2/3 cup (about 8 minutes).
- ☐ Remove from heat.
- ☐ Trim fat and rind from ham. Score outside of ham in a diamond pattern; stud with cloves.
- ☐ Place ham on a broiler pan coated with cooking spray.
- ☐ Brush ham with 1/4 cup Marsala mixture.
- ☐ Bake at 350 for 1 hour. Baste with 1/4 cup Marsala mixture; bake an additional 1 1/2 hours or until thermometer registers 14
- ☐ Baste with remaining Marsala mixture, and bake an additional 10 minutes.
- ☐ Remove from oven; let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:0.36, Glycemic Load:0, Inflammation Score:0, Nutrition Score:6.4486955653714%

Flavonoids

Petunidin: 0.47mg, Petunidin: 0.47mg, Petunidin: 0.47mg, Petunidin: 0.47mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 6.77mg, Malvidin: 6.77mg, Malvidin: 6.77mg, Malvidin: 6.77mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 83.36kcal (4.17%), Fat: 0.35g (0.53%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 8.86g (3.22%), Sugar: 3.64g (4.04%), Cholesterol: 0mg (0%), Sodium: 3889.37mg (169.1%), Alcohol: 1.09g (100%), Alcohol %: 1.17% (100%), Protein: 9.81g (19.61%), Manganese: 0.47mg (23.55%), Magnesium: 75.82mg (18.96%), Phosphorus: 180.54mg (18.05%), Vitamin B2: 0.26mg (15.34%), Folate: 47.55µg (11.89%), Potassium:

391.97mg (11.2%), Vitamin B6: 0.17mg (8.7%), Iron: 1.51mg (8.42%), Vitamin B3: 1.25mg (6.26%), Zinc: 0.86mg (5.77%), Calcium: 36.15mg (3.61%), Vitamin B5: 0.35mg (3.51%), Fiber: 0.81g (3.24%), Vitamin B1: 0.04mg (2.99%), Vitamin E: 0.44mg (2.95%), Copper: 0.06mg (2.93%)