



Michelle's Baked Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



185 min.

SERVINGS



16

CALORIES



340 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 13 ounce orange marmalade
- ☐ 10 pound ham smoked
- ☐ 0.3 cup dijon mustard stone-ground

Equipment

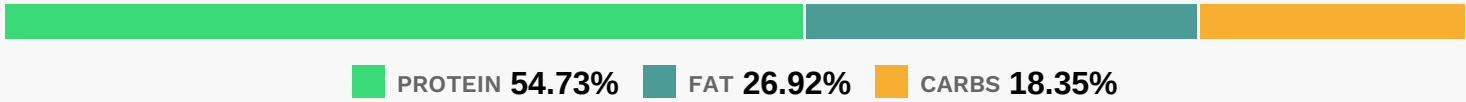
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Wrap ham in aluminum foil, and place in a lightly greased 13- x 9-inch pan; bake at 300 for 2 hours.
- ☐ Remove ham from oven, and unwrap.
- ☐ Remove skin and excess fat from ham. Score fat on ham in a diamond pattern.
- ☐ Stir together marmalade and remaining ingredients in small bowl. Spoon glaze over ham, and bake 1 hour, basting every 15 minutes or until a meat thermometer inserted into the thickest portion registers 14
- ☐ Let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:9.4704348832045%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg

Nutrients (% of daily need)

Calories: 340.14kcal (17.01%), Fat: 10.34g (15.91%), Saturated Fat: 3.48g (21.73%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 15.48g (5.63%), Sugar: 14.16g (15.73%), Cholesterol: 136.08mg (45.36%), Sodium: 3497.37mg (152.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.32g (94.64%), Phosphorus: 666.13mg (66.61%), Copper: 0.71mg (35.32%), Zinc: 5.17mg (34.49%), Magnesium: 90.91mg (22.73%), Potassium: 776.79mg (22.19%), Iron: 3.86mg (21.43%), Calcium: 41.33mg (4.13%), Vitamin C: 1.82mg (2.21%), Selenium: 1.46µg (2.09%), Fiber: 0.39g (1.56%), Manganese: 0.03mg (1.42%)