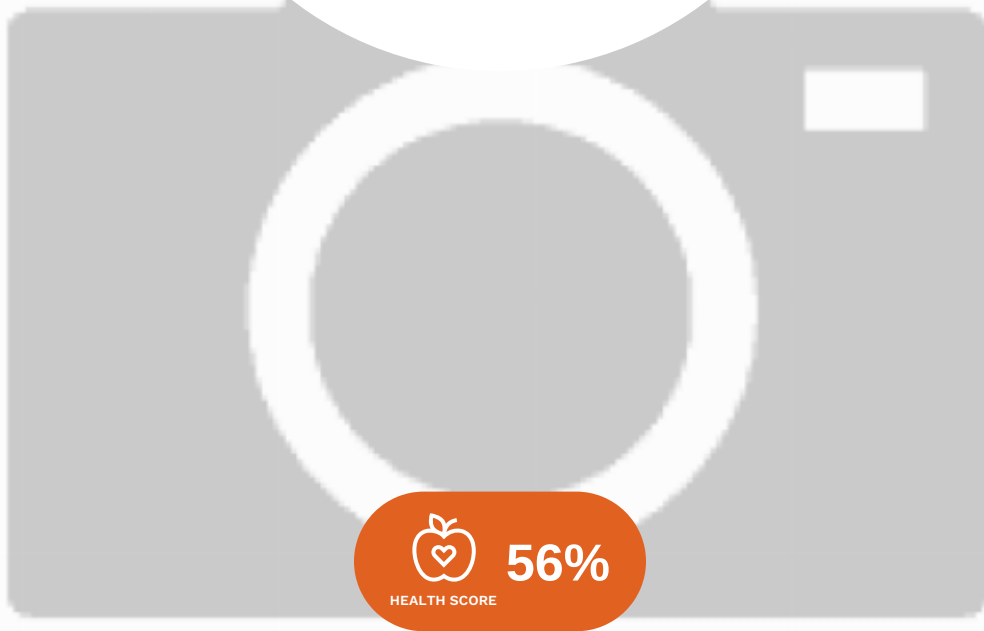




Microwave Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



1

CALORIES



3787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons dijon mustard
- ☐ 3 pound ham boneless
- ☐ 0.3 cup soya sauce

Equipment

- ☐ bowl
- ☐ pot
- ☐ baking pan

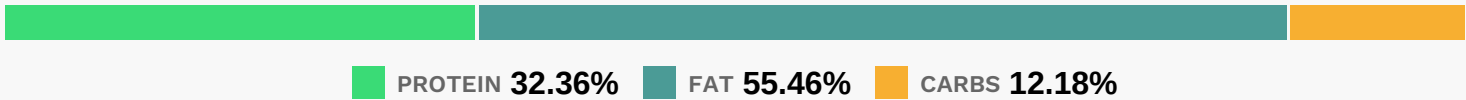
☐

microwave

Directions

- ☐ Cut the ham in half lengthwise.
- ☐ Place into a large pot, and fill with enough water to cover. Bring to a boil and cook for 1 hour, replenishing water as needed.
- ☐ Drain.
- ☐ Meanwhile, stir together the brown sugar, soy sauce and mustard in a small bowl. Set aside until the ham is done.
- ☐ Place the ham halves into a glass or ceramic baking dish with the cut sides facing up. Cover the ham with the brown sugar mixture. Cook in the microwave for 15 minutes. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:59.722173730964%

Nutrients (% of daily need)

Calories: 3786.94kcal (189.35%), Fat: 229.78g (353.51%), Saturated Fat: 81.49g (509.34%), Carbohydrates: 113.53g (37.84%), Net Carbohydrates: 111.13g (40.41%), Sugar: 108.32g (120.36%), Cholesterol: 843.68mg (281.23%), Sodium: 19918.11mg (866%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 301.66g (603.32%), Vitamin B1: 8.3mg (553.17%), Selenium: 325.98µg (465.69%), Vitamin B3: 63.37mg (316.85%), Phosphorus: 3040.46mg (304.05%), Vitamin B6: 5.36mg (268.16%), Zinc: 32.14mg (214.27%), Vitamin B2: 3.13mg (183.83%), Vitamin B12: 8.71µg (145.15%), Potassium: 4228.58mg (120.82%), Iron: 14.72mg (81.75%), Magnesium: 313.25mg (78.31%), Vitamin B5: 6.72mg (67.17%), Copper: 1.29mg (64.64%), Vitamin D: 9.53µg (63.5%), Manganese: 0.74mg (36.9%), Vitamin E: 5.06mg (33.71%), Calcium: 226.5mg (22.65%), Folate: 55.51µg (13.88%), Fiber: 2.4g (9.6%)