



Molasses-Coffee Glazed Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



887 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounce apricot preserves
- ☐ 2 tablespoons cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 8 pound ham half smoked bone-in fully cooked
- ☐ 1 cup blackstrap molasses
- ☐ 1 teaspoon salt
- ☐ 0.8 cup strong coffee decoction brewed
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Stir together the first 7 ingredients until blended. Then reserve 1 cup molasses–coffee sauce in a small bowl; set the reserved sauce aside.
- ☐ Trim ham, and, if desired, score in a diamond pattern.
- ☐ Place ham in a lightly greased 13- x 9-inch pan.
- ☐ Pour remaining molasses–coffee sauce evenly over ham.
- ☐ Bake, on lower rack, at 350 for 2 hours or until a meat thermometer registers 140, basting with sauce in pan every 15 minutes. Cover loosely with lightly greased aluminum foil the last 30 minutes to prevent excessive browning, if necessary.
- ☐ Remove ham from baking pan; let stand at room temperature 30 minutes.
- ☐ Heat reserved molasses–coffee sauce, and serve with ham.
- ☐ Molasses–Coffee Glazed Turkey Breast: Substitute 1 (5- to 5 1/2-pound) bone-in turkey breast with skin for ham.
- ☐ Place turkey in a lightly greased 11- x 7-inch pan. Proceed as directed, covering loosely with aluminum foil before baking.
- ☐ Bake at 350 for 1 hour; uncover and bake 1 to 1 1/2 more hours or until a meat thermometer inserted into the thickest portion registers 170, basting with molasses–coffee sauce every 15 minutes.
- ☐ Serve with warm reserved molasses–coffee sauce. Makes 10 to 12 servings.

Nutrition Facts



 PROTEIN **29.87%**  FAT **52.17%**  CARBS **17.96%**

Properties

Glycemic Index:9.67, Glycemic Load:9.24, Inflammation Score:-5, Nutrition Score:31.059999651154%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 887.26kcal (44.36%), Fat: 50.84g (78.22%), Saturated Fat: 18.09g (113.09%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 39.23g (14.26%), Sugar: 33.35g (37.06%), Cholesterol: 187.48mg (62.49%), Sodium: 3819.15mg (166.05%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Caffeine: 5.93mg (1.98%), Protein: 65.5g (130.99%), Vitamin B1: 1.83mg (122.23%), Selenium: 74.64µg (106.62%), Vitamin B3: 13.8mg (68.99%), Vitamin B6: 1.34mg (67.2%), Phosphorus: 658.7mg (65.87%), Zinc: 7.13mg (47.51%), Vitamin B2: 0.69mg (40.44%), Potassium: 1308.19mg (37.38%), Vitamin B12: 1.94µg (32.26%), Magnesium: 127.77mg (31.94%), Manganese: 0.5mg (24.97%), Iron: 4.12mg (22.91%), Copper: 0.42mg (20.9%), Vitamin B5: 1.65mg (16.55%), Vitamin D: 2.12µg (14.11%), Calcium: 85.82mg (8.58%), Vitamin E: 1.13mg (7.54%), Vitamin C: 2.5mg (3.03%), Folate: 9.74µg (2.43%), Vitamin A: 59IU (1.18%)