



Mustard and Molasses Glazed Ham

 Vegetarian

READY IN



200 min.

SERVINGS



8

CALORIES



1490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup blackstrap molasses
- ☐ 7 lb ready-to-cook smoked bone-in
- ☐ 2 tablespoons butter unsalted

Equipment

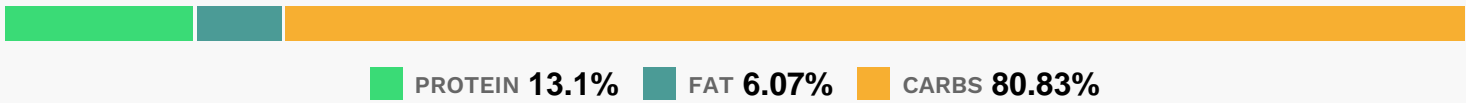
- ☐ sauce pan
- ☐ oven

- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325F. Trim off ham rind to expose thick layer of fat underneath. Use a sharp knife to score fat in a diamond pattern, making sure to not cut all the way through. Press 1 clove into center of each diamond.
- ☐ Place ham in a large roasting pan and pour in 2 cups of water. Cover loosely with foil and bake until heated through, about 18 minutes per pound (2 hours 25 minutes for an 8-lb. ham).
- ☐ Combine molasses, mustard, lemon juice and butter in a small saucepan. Stir over medium-high heat until butter has melted and mixture is blended.
- ☐ Remove ham from oven and brush entire ham with about 1/4 of glaze. Return ham to oven and continue baking, uncovered, until a meat thermometer inserted into thickest part of ham reads 160F, about 45 minutes.
- ☐ Brush with remaining glaze every 15 to 20 minutes of baking time.
- ☐ Transfer ham to a work surface and loosely cover with foil.
- ☐ Let stand at room temperature for 15 to 20 minutes before thinly slicing.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:4.65, Inflammation Score:1, Nutrition Score:6.6921738868822%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1490.43kcal (74.52%), Fat: 10.32g (15.87%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 308.97g (102.99%), Net Carbohydrates: 294.34g (107.03%), Sugar: 17.84g (19.82%), Cholesterol: 184.7mg (61.57%), Sodium: 119.74mg (5.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.1g (100.19%), Fiber: 14.63g (58.51%), Potassium: 1182.06mg (33.77%), Manganese: 0.26mg (12.93%), Magnesium: 39.26mg (9.81%), Selenium: 6.07µg (8.67%), Vitamin B6: 0.1mg (5.15%), Iron: 0.83mg (4.62%), Copper: 0.08mg (3.86%), Calcium: 36.39mg (3.64%), Vitamin A: 95.06IU (1.9%), Vitamin C: 1.49mg (1.81%), Vitamin B1: 0.03mg (1.76%), Phosphorus: 16.7mg (1.67%), Vitamin B5: 0.15mg (1.53%)