



## Mustard-Glazed Ham

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



125 min.

SERVINGS



15

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon ground ginger
- 4 pounds finely-chopped ham boneless fully cooked
- 0.3 cup mustard prepared
- 0.3 cup orange marmalade
- 0.8 cup water

### Equipment

- bowl
- oven

- roasting pan
- kitchen thermometer

## Directions

- Place ham in a shallow roasting pan; add water to pan.
- Bake, uncovered, at 325° for 1 hour.
- In a small bowl, combine the marmalade, mustard and ginger.
- Brush some over the ham.
- Bake 1 hour longer or until a thermometer reads 140°, brushing occasionally with glaze.

## Nutrition Facts

**PROTEIN 48.06%** **FAT 44.03%** **CARBS 7.91%**

## Properties

Glycemic Index:2.13, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:13.040869565217%

## Nutrients (% of daily need)

Calories: 195.99kcal (9.8%), Fat: 9.36g (14.4%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.56g (1.29%), Sugar: 3.26g (3.62%), Cholesterol: 88.3mg (29.43%), Sodium: 1446.3mg (62.88%), Protein: 22.98g (45.97%), Vitamin B1: 0.65mg (43.28%), Selenium: 25.41µg (36.3%), Phosphorus: 357.95mg (35.79%), Vitamin C: 28.46mg (34.49%), Vitamin B12: 1.71µg (28.43%), Vitamin B3: 4.33mg (21.63%), Zinc: 2.73mg (18.19%), Vitamin B2: 0.29mg (17.18%), Vitamin B6: 0.31mg (15.69%), Vitamin B5: 1.07mg (10.69%), Potassium: 348.53mg (9.96%), Copper: 0.15mg (7.39%), Magnesium: 27.69mg (6.92%), Iron: 1.11mg (6.16%), Manganese: 0.09mg (4.32%), Calcium: 12.29mg (1.23%), Folate: 4.4µg (1.1%)