



## Mustard Spiced Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 cup dijon mustard
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 6 pound ham half smoked fully cooked
- ☐ 1 slices garnishes: orange whole
- ☐ 1 teaspoon orange rind grated

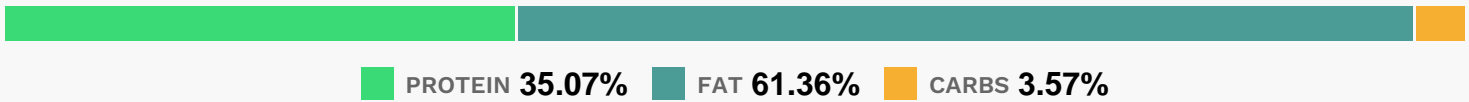
## Equipment

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

## Directions

- ☐ Trim excess fat from ham.
- ☐ Place ham in a roasting pan lined with aluminum foil.
- ☐ Combine mustard and next 4 ingredients, stirring well. Lightly brush ham with mustard mixture.
- ☐ Cover and bake at 350 for 1 1/2 hours. Uncover and brush ham with one-third of remaining mustard mixture.
- ☐ Bake, uncovered, 30 to 45 minutes or until a meat thermometer inserted registers 140, basting with remaining mustard mixture every 10 minutes.
- ☐ Transfer ham to a serving platter.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:4.33, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:21.377391634752%

## Nutrients (% of daily need)

Calories: 572.51kcal (28.63%), Fat: 38.23g (58.81%), Saturated Fat: 13.58g (84.88%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 4.66g (1.7%), Sugar: 4.52g (5.03%), Cholesterol: 140.61mg (46.87%), Sodium: 2750.72mg (119.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.16g (98.32%), Vitamin B1: 1.37mg (91.55%), Selenium: 53.31µg (76.16%), Vitamin B3: 10.16mg (50.79%), Phosphorus: 491.4mg (49.14%), Vitamin B6: 0.87mg (43.41%), Zinc: 5.3mg (35.34%), Vitamin B2: 0.51mg (29.71%), Vitamin B12: 1.45µg (24.19%), Potassium: 664.95mg (19%), Iron: 2.11mg (11.73%), Magnesium: 46.41mg (11.6%), Vitamin B5: 1.06mg (10.6%), Vitamin D: 1.59µg (10.58%), Copper: 0.2mg (9.77%), Manganese: 0.12mg (6.17%), Vitamin E: 0.84mg (5.63%), Calcium: 25.13mg (2.51%), Folate: 7.32µg (1.83%), Fiber: 0.33g (1.32%)