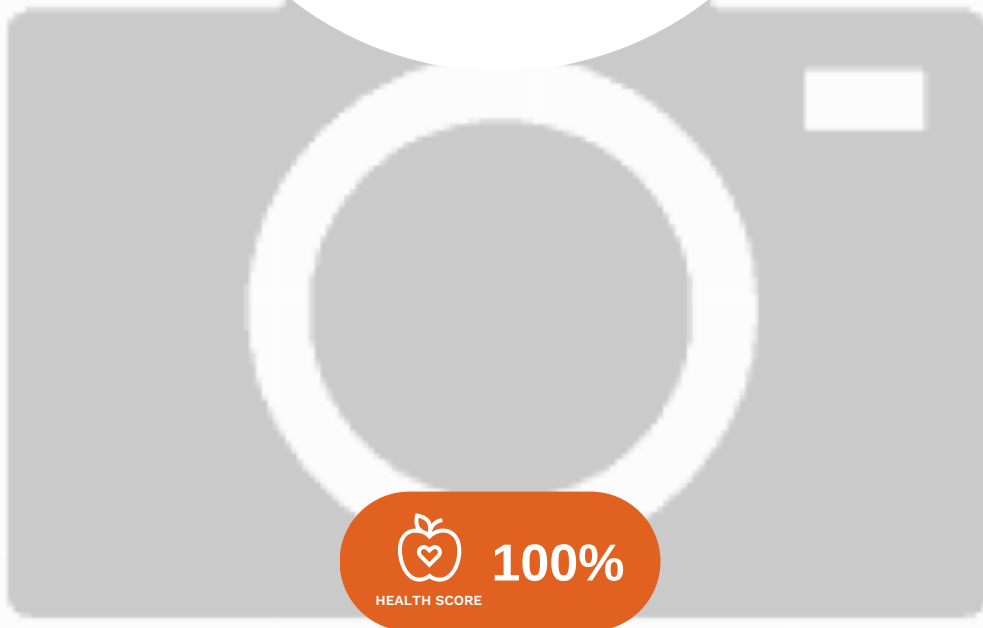




No More Salty Easter Ham



Gluten Free



Very Healthy

READY IN



780 min.

SERVINGS



1

CALORIES



14206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 60 ounce pineapple crushed drained canned
- ☐ 10 pound spiral cut ham fully-cooked
- ☐ 1 pound brown sugar light
- ☐ 3 cups milk

Equipment

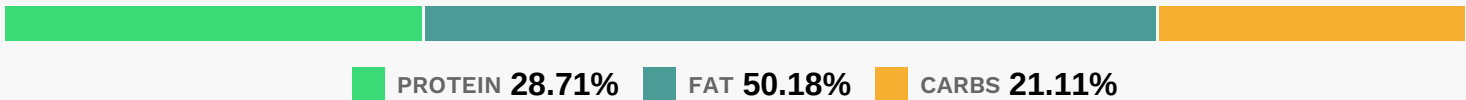
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

☐ aluminum foil

Directions

- ☐ Trim any visible fat from the surface of the ham and place cut side down in a roasting pan.
- ☐ Pour enough milk over the ham so that it ends up about 1/4 inch deep in the bottom of the roasting pan. Use your hands to pack the ham in a generous coating of brown sugar. Cover the brown sugar with a layer of crushed pineapple, packed on in the same manner. It is okay to have a few bare spots but try not to. Cover the ham with aluminum foil and refrigerate overnight.
- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ When the oven is hot, place the ham, still covered in foil, into the oven. Roast for 30 minutes. After 30 minutes, remove the aluminum foil and baste with any juices that have accumulated in the bottom of the pan. Continue roasting for 30 more minutes, or until ham is heated through.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:12.99, Inflammation Score:-10, Nutrition Score:84.641738891602%

Nutrients (% of daily need)

Calories: 14205.73kcal (710.29%), Fat: 785.97g (1209.18%), Saturated Fat: 285g (1781.25%), Carbohydrates: 743.83g (247.94%), Net Carbohydrates: 721.72g (262.44%), Sugar: 717.75g (797.5%), Cholesterol: 2900.11mg (966.7%), Sodium: 54263.59mg (2359.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1011.63g (2023.26%), Vitamin B1: 29.41mg (1960.39%), Selenium: 1055.81µg (1508.3%), Phosphorus: 10583.41mg (1058.34%), Vitamin B3: 208.45mg (1042.23%), Vitamin B6: 19.14mg (957.24%), Zinc: 110.07mg (733.81%), Vitamin B2: 11.39mg (670.1%), Vitamin B12: 32.98µg (549.71%), Potassium: 16783.22mg (479.52%), Magnesium: 1245.63mg (311.41%), Copper: 5.81mg (290.27%), Vitamin D: 39.8µg (265.36%), Iron: 47.45mg (263.59%), Vitamin B5: 24.06mg (240.58%), Vitamin C: 159.89mg (193.81%), Calcium: 1866.51mg (186.65%), Vitamin E: 17.04mg (113.57%), Fiber: 22.1g (88.45%), Folate: 225.66µg (56.42%), Manganese: 0.95mg (47.73%), Vitamin A: 2036.33IU (40.73%), Vitamin K: 14.1µg (13.43%)