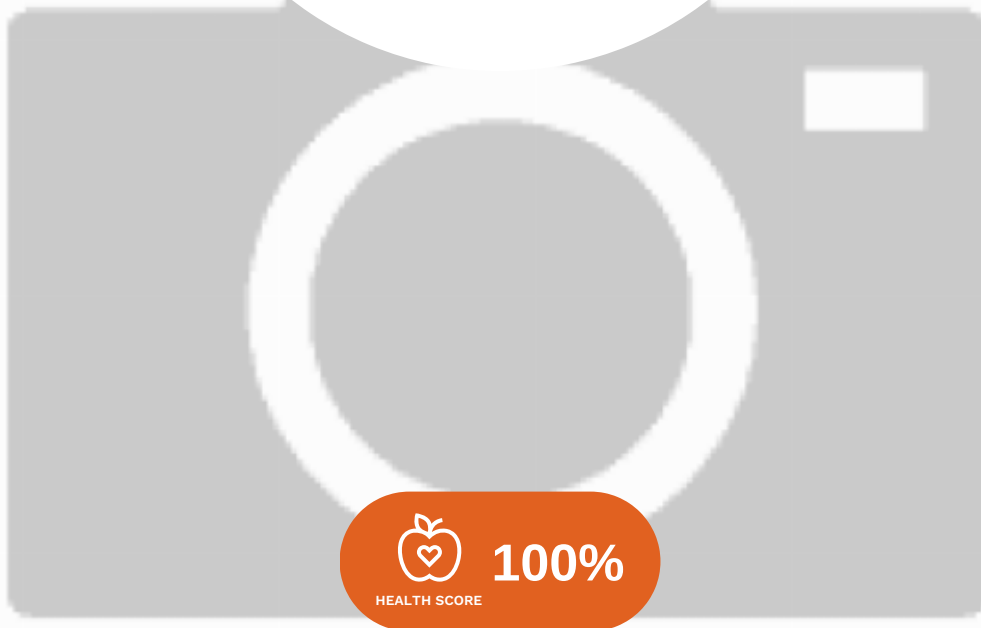




Not So Sweet Baked Ham



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



95 min.

SERVINGS



1

CALORIES



16544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.8 cup chicken broth



15 pound ham

Equipment



oven

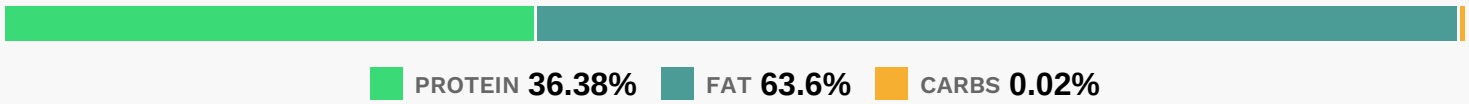


baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Arrange ham fat-side up in a large baking dish.
- ☐ Pour chicken broth over ham.
- ☐ Bake in the preheated oven until heated through, about 90 minutes, basting every 20 to 30 minutes.
- ☐ Discard broth before slicing and serving ham.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:71.787391344166%

Nutrients (% of daily need)

Calories: 16544.02kcal (827.2%), Fat: 1141.38g (1755.97%), Saturated Fat: 406.9g (2543.1%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.76g (0.84%), Cholesterol: 4221.93mg (1407.31%), Sodium: 81416.02mg (3539.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1468.73g (2937.45%), Vitamin B1: 40.93mg (2728.56%), Selenium: 1545.19µg (2207.41%), Vitamin B3: 303.91mg (1519.54%), Phosphorus: 14567.37mg (1456.74%), Vitamin B6: 25.85mg (1292.74%), Zinc: 157.97mg (1053.16%), Vitamin B2: 15.14mg (890.62%), Vitamin B12: 43.58µg (726.34%), Potassium: 19490.84mg (556.88%), Iron: 59.32mg (329.54%), Magnesium: 1294.5mg (323.63%), Vitamin D: 47.63µg (317.51%), Vitamin B5: 31.11mg (311.1%), Copper: 5.67mg (283.68%), Vitamin E: 24.56mg (163.76%), Manganese: 1.03mg (51.68%), Folate: 204.12µg (51.03%), Calcium: 483.32mg (48.33%)