



## Old Fashioned Glazed Ham

 Gluten Free  Dairy Free

READY IN



170 min.

SERVINGS



12

CALORIES



1356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup dijon mustard
- 2 teaspoons thyme leaves fresh chopped
- 14 pound cured ham smoked cooked
- 0.5 cup brown sugar light plus more for sprinkling
- 0.5 cup maraschino cherries
- 0.8 cup pineapple juice
- 20 pineapple rings canned

### Equipment

- bowl
- frying pan
- oven
- toothpicks
- roasting pan

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Put oven rack in the middle of the oven.
- In a small bowl, mix together the Dijon mustard, brown sugar, and thyme.
- Put the ham in a large roasting pan, fat side up. Rub the ham with mustard glaze.
- Pour the pineapple juice into the bottom of the pan.
- Put the ham in the oven and bake for 2 hours, brushing every 20 minutes with the pineapple juice.
- Remove the ham from the oven.
- Turn oven to 400 degrees F.
- Using toothpicks, decoratively adhere the pineapple rings around the ham and put a cherry in the center of the pineapple ring.
- Sprinkle the pineapple rings lightly with brown sugar. Return to the oven, uncovered, and bake until the pineapples turn a light golden brown.
- Remove from the oven to a serving platter and let rest for 15 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:40.335217573073%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

## Nutrients (% of daily need)

Calories: 1355.68kcal (67.78%), Fat: 89.32g (137.41%), Saturated Fat: 31.69g (198.07%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 15.11g (5.5%), Sugar: 14.65g (16.27%), Cholesterol: 328.1mg (109.37%), Sodium: 6455.99mg (280.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 114.92g (229.84%), Vitamin B1: 3.22mg (214.68%), Selenium: 125.57µg (179.38%), Vitamin B3: 23.75mg (118.73%), Phosphorus: 1151.59mg (115.16%), Vitamin B6: 2.04mg (102.15%), Zinc: 12.43mg (82.86%), Vitamin B2: 1.18mg (69.69%), Vitamin B12: 3.39µg (56.45%), Potassium: 1574.36mg (44.98%), Iron: 5.07mg (28.15%), Magnesium: 111.79mg (27.95%), Vitamin B5: 2.49mg (24.92%), Vitamin D: 3.7µg (24.7%), Copper: 0.48mg (24.15%), Vitamin E: 1.97mg (13.12%), Manganese: 0.23mg (11.31%), Calcium: 63.31mg (6.33%), Folate: 19.95µg (4.99%), Fiber: 1.08g (4.33%), Vitamin C: 2.23mg (2.7%)