



Old-Fashioned Ham with Brown Sugar and Mustard Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider unsweetened
- ☐ 0.7 cup brown sugar packed ()
- ☐ 0.3 cup honey
- ☐ 10 pound ham smoked with rind, preferably shank end
- ☐ 0.5 cup grain dijon mustard whole

Equipment

- ☐ baking paper

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

Directions

- ☐ Preheat oven to 325°F.
- ☐ Place ham in large roasting pan.
- ☐ Pour apple juice over ham. Cover ham completely with parchment paper, then cover ham and roasting pan completely with heavy-duty foil, sealing tightly at edges of pan.
- ☐ Bake ham until instant-read thermometer inserted into center of ham registers 145°F, about 3 hours 45 minutes.
- ☐ Remove ham from oven. Increase oven temperature to 375°F.
- ☐ Remove foil and parchment from ham.
- ☐ Drain and discard liquids from roasting pan.
- ☐ Cut off rind and all but 1/4-inch-thick layer of fat from ham and discard. Using long sharp knife, score fat in 1-inch-wide, 1/4-inch-deep diamond pattern.
- ☐ Spread mustard evenly over fat layer on ham. Pat brown sugar over mustard coating, pressing firmly to adhere.
- ☐ Drizzle honey evenly over.
- ☐ Bake until ham is well glazed, spooning any mustard and sugar glaze that slides into roasting pan back over ham, about 30 minutes.
- ☐ Transfer ham to serving platter; let cool at least 45 minutes. Slice ham and serve slightly warm or at room temperature.
- ☐ Sauvignon Blanc is a good match for the ham and the asparagus, a notoriously wine-unfriendly ingredient. We like the Joel Gott 2006 Sauvignon Blanc from Napa Valley (\$18), which has tropical fruit and citrus flavors with floral aromas and a crisp finish.

Nutrition Facts



 PROTEIN **54.68%**  FAT **27.2%**  CARBS **18.12%**

Properties

Glycemic Index:12.5, Glycemic Load:4.75, Inflammation Score:-4, Nutrition Score:15.047826227934%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 549kcal (27.45%), Fat: 16.78g (25.82%), Saturated Fat: 5.58g (34.87%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 24.55g (8.93%), Sugar: 24.09g (26.76%), Cholesterol: 217.72mg (72.57%), Sodium: 5648.95mg (245.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.89g (151.78%), Phosphorus: 1072.89mg (107.29%), Copper: 1.11mg (55.53%), Zinc: 8.32mg (55.45%), Magnesium: 149.26mg (37.31%), Potassium: 1282.05mg (36.63%), Iron: 6.26mg (34.79%), Calcium: 67.77mg (6.78%), Selenium: 4.5µg (6.43%), Manganese: 0.09mg (4.28%), Fiber: 0.6g (2.4%), Vitamin B1: 0.03mg (1.9%), Vitamin B6: 0.02mg (1.04%)