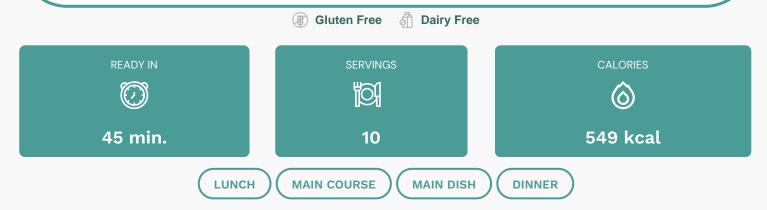


Old-Fashioned Ham with Brown Sugar and Mustard Glaze



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
Di	rections
	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),

Nutrition Facts

which has tropical fruit and citrus flavors with floral aromas and a crisp finish.

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 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: Og (100%), Alcohol %: O% (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: O.6g (2.4%), Vitamin B1: 0.03mg (1.9%), Vitamin B6: 0.02mg (1.04%)