



Orange Baked Ham



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



35

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup dijon mustard
- ☐ 6 garlic cloves
- ☐ 14 pound spiral-cut ham on the bone smoked fully cooked
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 8.5 ounces orange marmalade
- ☐ 1 orange zest

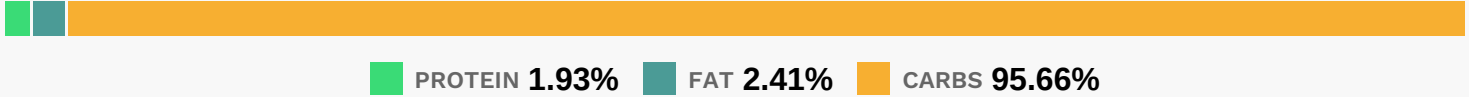
Equipment

- ☐ food processor
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the ham in a heavy roasting pan.
- ☐ Mince the garlic in a food processor fitted with the steel blade.
- ☐ Add the marmalade, mustard, brown sugar, orange zest, and orange juice and process until smooth.
- ☐ Pour the glaze over the ham and bake for 1 hour, until the ham is fully heated and the glaze is well browned.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.26, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:0.62869565075506%

Flavonoids

Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 44.89kcal (2.24%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 11.11g (4.04%), Sugar: 10.43g (11.59%), Cholesterol: 0mg (0%), Sodium: 44.86mg (1.95%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin C: 1.86mg (2.25%), Selenium: 1.4µg (2.01%), Manganese: 0.03mg (1.45%), Calcium: 11.75mg (1.18%), Fiber: 0.25g (1.01%)