



Orange-Baked Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 2 pound ham cooked reduced-fat
- ☐ 1 teaspoon mustard dry
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 cup orange juice concentrate frozen undiluted thawed
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.3 cup water
- ☐ 2 teaspoons citrus champagne vinegar

☐ 1 cloves whole

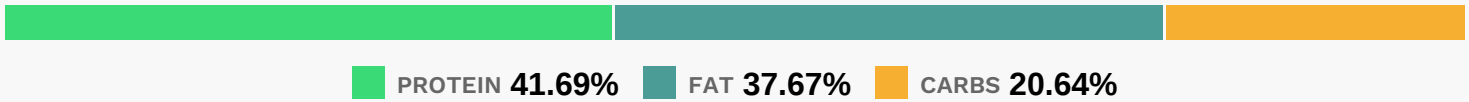
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Score ham in a diamond design; place in a large heavy-duty, zip-top plastic bag.
- ☐ Combine orange juice concentrate and next 6 ingredients; pour mixture over ham. Seal bag, and shake until ham is well coated. Marinate in refrigerator at least 8 hours, turning bag occasionally.
- ☐ Remove ham from marinade, reserving marinade. Set aside 1/2 cup marinade; discard remaining marinade.
- ☐ Place ham on a rack in a roasting pan coated with cooking spray; stud with cloves. Insert meat thermometer into ham, if desired; brush lightly with marinade. Cover; bake at 325 for 1 1/2 hours or until thermometer registers 140, basting occasionally with marinade.
- ☐ Slice ham into 16 (2-ounce) portions, and place in a labeled airtight container. Store in refrigerator up to 1 week or in freezer up to 3 months.
- ☐ Remove cloves from ham before serving or using in other recipes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.2604347439888%

Nutrients (% of daily need)

Calories: 107.12kcal (5.36%), Fat: 4.39g (6.76%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.83g (5.36%), Cholesterol: 41.39mg (13.8%), Sodium: 656.42mg (28.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.87%), Vitamin C: 26.18mg (31.73%), Vitamin B1:

0.33mg (21.74%), Phosphorus: 172.23mg (17.22%), Selenium: 11.57µg (16.53%), Vitamin B12: 0.8µg (13.32%), Vitamin B3: 2.12mg (10.62%), Vitamin B2: 0.15mg (8.88%), Zinc: 1.29mg (8.59%), Vitamin B6: 0.17mg (8.5%), Potassium: 219.98mg (6.29%), Vitamin B5: 0.55mg (5.49%), Magnesium: 15.85mg (3.96%), Copper: 0.07mg (3.63%), Iron: 0.55mg (3.05%), Manganese: 0.05mg (2.68%), Folate: 8.79µg (2.2%)