



Orange Dijon-Glazed Ham

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



40

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp apricot brandy
- 2 Tbsp firmly brown sugar light packed
- 3 Tbsp grey poupon dijon mustard
- 2.5 lb ham boneless fully cooked
- 2 Tbsp honey
- 3 Tbsp orange juice concentrate frozen thawed

Equipment

- oven

Directions

- Mix all ingredients except ham; set aside.
- Bake ham as directed on package, brushing with glaze for the last 30 min. of the baking time.
- Cut into slices to serve.

Nutrition Facts



Properties

Glycemic Index:2.48, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:3.209999964451%

Nutrients (% of daily need)

Calories: 50.91kcal (2.55%), Fat: 2.2g (3.39%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.79g (1.99%), Cholesterol: 20.7mg (6.9%), Sodium: 340.1mg (14.79%), Alcohol: 0.13g (100%), Alcohol %: 0.49% (100%), Protein: 5.42g (10.84%), Vitamin B1: 0.16mg (10.36%), Vitamin C: 8.22mg (9.97%), Selenium: 6.02µg (8.59%), Phosphorus: 84.75mg (8.48%), Vitamin B12: 0.4µg (6.66%), Vitamin B3: 1.03mg (5.14%), Zinc: 0.64mg (4.29%), Vitamin B2: 0.07mg (4.15%), Vitamin B6: 0.08mg (3.84%), Vitamin B5: 0.26mg (2.59%), Potassium: 89.67mg (2.56%), Magnesium: 6.96mg (1.74%), Copper: 0.03mg (1.73%), Iron: 0.27mg (1.51%)