



Orange Glazed Ham



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



554 kcal

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon ground ginger
- ☐ 4 lb ham smoked boneless fully cooked
- ☐ 1 cup orange juice
- ☐ 1 cup orange marmalade

Equipment

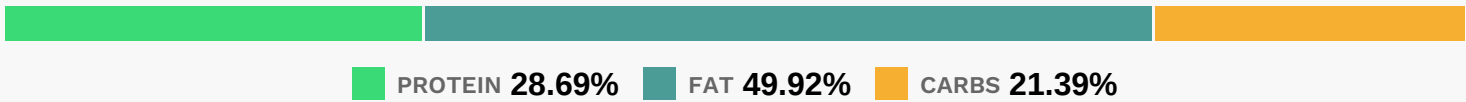
- ☐ frying pan
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Place ham in an aluminum foil-lined 13- x 9-inch pan.
- ☐ Stir together marmalade and next 4 ingredients; spoon mixture over ham.
- ☐ Bake at 350 on lowest oven rack 1 hour and 30 minutes, basting with pan juices every 30 minutes.
- ☐ Remove ham from oven, and let stand 10 minutes before slicing.
- ☐ Ham 101
- ☐ Cooked ham can be served directly from the refrigerator. If you'd like to serve it hot, heat in a 350 oven to an internal temperature of 14
- ☐ Uncooked ham should be heated to an internal temperature of 160 in a 350 oven. Plan to cook it 18 to 20 minutes per pound.
- ☐ Dry-cured ham is rubbed with salt and seasonings, and then stored until the salt fully penetrates the meat.
- ☐ Wet-cured ham is seasoned with a brine solution, which keeps the meat moist and the texture tender.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:18.560434546484%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 554.17kcal (27.71%), Fat: 30.59g (47.06%), Saturated Fat: 10.87g (67.93%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 29.06g (10.57%), Sugar: 26.67g (29.63%), Cholesterol: 112.49mg (37.5%), Sodium: 2206.42mg (95.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.56g (79.12%), Vitamin B1: 1.12mg (74.67%), Selenium: 42.6µg (60.86%), Vitamin B3: 8.25mg (41.26%), Phosphorus: 397.57mg (39.76%), Vitamin B6: 0.71mg (35.55%), Zinc: 4.26mg (28.42%), Vitamin B2: 0.42mg (24.63%), Vitamin B12: 1.16µg (19.35%), Potassium: 594.8mg (16.99%), Vitamin C: 13.95mg (16.91%), Magnesium: 40.2mg (10.05%), Iron: 1.8mg (10.01%), Copper: 0.2mg (9.8%), Vitamin B5: 0.9mg (8.98%), Vitamin D: 1.27µg (8.47%), Manganese: 0.12mg (5.9%), Vitamin E: 0.69mg (4.62%), Folate: 16.05µg (4.01%), Calcium: 34.27mg (3.43%), Fiber: 0.43g (1.72%), Vitamin A: 71.63IU (1.43%)