



Peach Glazed Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

Ingredients



1 Dash cinnamon



1 ham fully cooked



1.5 tablespoons dijon mustard



2 tablespoons juice of lemon



2 tablespoons peach nectar Schnapps



20 ounce peach preserves

Equipment



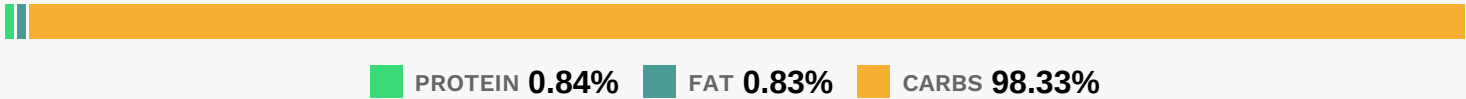
bowl

- ☐ oven
- ☐ roasting pan
- ☐ cocktail sticks

Directions

- ☐ Place ham in a large roasting pan and bake as directed on the wrapping, about 18 minutes per pound.
- ☐ Combine remaining ingredients, in a small bowl and stir until smooth.
- ☐ Remove the ham from the oven and score the skin in a diamond pattern. Spoon the glaze over, spreading to coat completely. Return the ham to the oven and bake for about 30 minutes longer.
- ☐ Chef's Note: To make really special, take small can pineapple rings, drain syrup and place pineapple rings on top of the glazed ham. Secure the pineapple to the ham with wooden cocktail sticks. Then take small jar of cocktail cherries and place 1 cherry in the center of each pineapple ring and continue to baste with the glaze during the cooking process. This makes a good looking ham for a summer buffet table.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:52.88, Inflammation Score:-1, Nutrition Score:3.6986956640106%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 403.75kcal (20.19%), Fat: 0.37g (0.57%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 99.54g (33.18%), Net Carbohydrates: 97.58g (35.48%), Sugar: 69.92g (77.68%), Cholesterol: 0.18mg (0.06%), Sodium: 111.04mg (4.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin C: 15.47mg (18.75%), Fiber: 1.96g (7.85%), Copper: 0.15mg (7.48%), Selenium: 4.83µg (6.9%), Vitamin B2: 0.11mg (6.73%), Manganese: 0.13mg (6.31%), Iron: 0.82mg (4.55%), Folate: 17.58µg (4.4%), Potassium: 129.31mg (3.69%), Calcium: 35.31mg (3.53%), Phosphorus: 34.72mg (3.47%), Vitamin B1: 0.04mg (2.73%), Magnesium: 9.32mg (2.33%), Vitamin B6: 0.04mg (1.97%), Vitamin E:

0.23mg (1.52%)