



Peach Holiday Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon ground cloves
- ☐ 3 tablespoons mustard coarse-grained
- ☐ 1 cup peach nectar
- ☐ 1 cup peach preserves
- ☐ 8 pound ham smoked fully cooked

Equipment

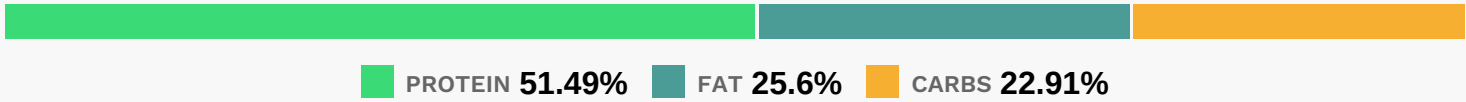
- ☐ oven
- ☐ roasting pan

- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Remove skin and excess fat from ham. Score fat on ham in a diamond pattern.
- ☐ Place the ham, fat side up, in a heavy-duty aluminum foil-lined roasting pan.
- ☐ Stir together peach preserves and next 3 ingredients; pour mixture evenly over ham.
- ☐ Bake at 325 for 1 1/2 hours or until a meat thermometer inserted in ham registers 140, basting every 20 minutes. Shield with foil after 30 minutes to prevent excess browning.
- ☐ Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:12.69, Inflammation Score:-4, Nutrition Score:12.526521836934%

Nutrients (% of daily need)

Calories: 468.85kcal (23.44%), Fat: 13.39g (20.6%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 26.34g (9.58%), Sugar: 19.93g (22.15%), Cholesterol: 174.18mg (58.06%), Sodium: 4468.55mg (194.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.58g (121.16%), Phosphorus: 857.62mg (85.76%), Copper: 0.91mg (45.64%), Zinc: 6.62mg (44.14%), Magnesium: 117.14mg (29.28%), Potassium: 1013.41mg (28.95%), Iron: 4.98mg (27.66%), Calcium: 47.73mg (4.77%), Vitamin C: 3.01mg (3.65%), Manganese: 0.07mg (3.36%), Selenium: 2.26µg (3.23%), Fiber: 0.61g (2.44%), Vitamin B1: 0.03mg (1.93%), Vitamin B2: 0.03mg (1.92%), Vitamin A: 67.52IU (1.35%), Folate: 4.32µg (1.08%)