



Peanut Butter-Glazed Ham



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



14

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup chicken broth



0.5 cup creamy peanut butter



1 clove garlic chopped



10 pound picnic ham smoked whole dry rinsed



0.3 cup honey



2 teaspoons soya sauce

Equipment



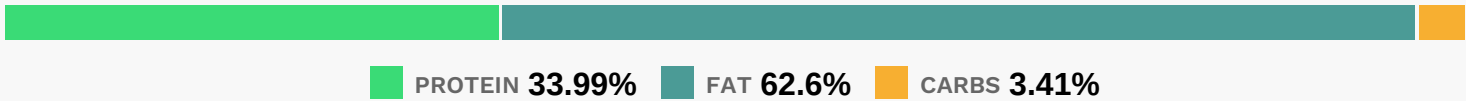
food processor

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Position an oven rack in the lower third of your oven. Preheat the oven to 325 degrees F.
- ☐ Place the ham on a rack in a roasting pan.
- ☐ Place the pan in the oven and roast the ham for 20 minutes per pound. If the ham begins to burn, cover loosely with foil.
- ☐ At the end of the cooking time, in a blender or food processor, combine the broth, peanut butter, honey, chopped garlic, and soy sauce. Slather the glaze all over the surface of the ham and cook an additional 20 minutes.
- ☐ Remove the ham from the oven and allow it to sit for about 15 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:7.95, Glycemic Load:2.85, Inflammation Score:-3, Nutrition Score:29.997391453256%

Nutrients (% of daily need)

Calories: 862.56kcal (43.13%), Fat: 59.08g (90.89%), Saturated Fat: 20.31g (126.92%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 6.77g (2.46%), Sugar: 6.03g (6.7%), Cholesterol: 201.21mg (67.07%), Sodium: 3995.78mg (173.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.19g (144.38%), Vitamin B1: 1.96mg (130.96%), Selenium: 74.08µg (105.82%), Vitamin B3: 15.76mg (78.79%), Phosphorus: 726.94mg (72.69%), Vitamin B6: 1.28mg (63.9%), Zinc: 7.78mg (51.88%), Vitamin B2: 0.75mg (43.96%), Vitamin B12: 2.08µg (34.62%), Potassium: 987.44mg (28.21%), Magnesium: 77.82mg (19.45%), Iron: 3.04mg (16.89%), Vitamin B5: 1.59mg (15.88%), Copper: 0.31mg (15.71%), Vitamin D: 2.27µg (15.12%), Vitamin E: 2.01mg (13.42%), Manganese: 0.2mg (10.04%), Folate: 17.93µg (4.48%), Calcium: 28.79mg (2.88%), Fiber: 0.47g (1.86%)