



Pineapple-Glazed Ham

 Dairy Free

READY IN



140 min.

SERVINGS



25

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bourbon
- ☐ 1.5 cups t brown sugar dark packed
- ☐ 20 ounce pineapple crushed undrained canned
- ☐ 2 cups pineapple juice
- ☐ 0.5 teaspoon salt
- ☐ 10 pound ham smoked

Equipment

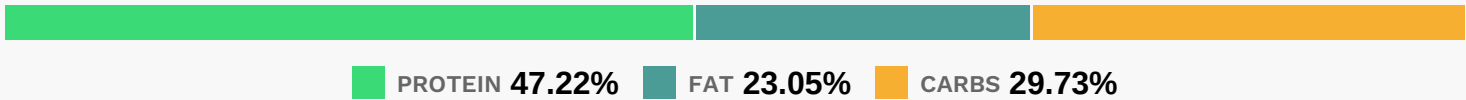
- ☐ oven

- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Remove skin and excess fat from ham. Score ham in a diamond design, and insert cloves at 1-inch intervals.
- ☐ Place ham in an aluminum foil-lined roasting pan.
- ☐ Stir together pineapple and next 4 ingredients; pour over ham. Cover and chill 8 hours.
- ☐ Bake ham at 350 for 2 hours, basting every 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.44, Glycemic Load:1.1, Inflammation Score:-2, Nutrition Score:6.8626086315059%

Nutrients (% of daily need)

Calories: 275.57kcal (13.78%), Fat: 6.58g (10.12%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 18.76g (6.82%), Sugar: 18.1g (20.12%), Cholesterol: 87.09mg (29.03%), Sodium: 2253.55mg (97.98%), Alcohol: 3.21g (100%), Alcohol %: 1.65% (100%), Protein: 30.32g (60.64%), Phosphorus: 426.76mg (42.68%), Copper: 0.48mg (24.05%), Zinc: 3.34mg (22.24%), Potassium: 556.68mg (15.91%), Magnesium: 63.1mg (15.78%), Iron: 2.58mg (14.33%), Manganese: 0.11mg (5.27%), Vitamin C: 4.02mg (4.87%), Calcium: 35.21mg (3.52%), Vitamin B1: 0.03mg (2.31%), Vitamin B6: 0.04mg (2.07%), Fiber: 0.33g (1.33%), Folate: 4.66µg (1.17%)