



Praline Ham

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons butter
- 5 pounds ham ()
- 0.5 cup maple syrup
- 0.3 cup pecans chopped
- 3 tablespoons sugar

Equipment

- frying pan
- sauce pan

oven

Directions

- Bake pecans in a shallow pan at 325, stirring occasionally, 5 to 10 minutes or until toasted; set aside.
- Bake ham slices in a shallow pan at 325 for 10 minutes.
- Bring syrup, sugar, and butter to a boil in a small saucepan, stirring often. Stir in pecans, and spoon over ham.
- Bake 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:29.15, Glycemic Load:16.22, Inflammation Score:-5, Nutrition Score:45.701739085757%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 1601.85kcal (80.09%), Fat: 103.67g (159.49%), Saturated Fat: 34.88g (218.03%), Carbohydrates: 37.37g (12.46%), Net Carbohydrates: 36.5g (13.27%), Sugar: 33.46g (37.18%), Cholesterol: 351.53mg (117.18%), Sodium: 6757.46mg (293.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 123.16g (246.31%), Vitamin B1: 3.49mg (232.96%), Selenium: 129.11µg (184.44%), Vitamin B3: 25.43mg (127.16%), Phosphorus: 1239.1mg (123.91%), Vitamin B6: 2.17mg (108.69%), Vitamin B2: 1.78mg (104.63%), Zinc: 13.85mg (92.32%), Manganese: 1.41mg (70.71%), Vitamin B12: 3.63µg (60.52%), Potassium: 1750.63mg (50.02%), Magnesium: 127.25mg (31.81%), Copper: 0.58mg (29.01%), Iron: 5.21mg (28.95%), Vitamin B5: 2.67mg (26.72%), Vitamin D: 3.97µg (26.46%), Vitamin E: 2.25mg (14.97%), Calcium: 90.76mg (9.08%), Folate: 19.03µg (4.76%), Fiber: 0.87g (3.49%), Vitamin A: 94.51IU (1.89%)