



## Praline-Mustard Glazed Ham

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cooking apple thinly sliced
- 0.3 cup apple juice
- 0.8 cup firmly domino brown sugar light packed
- 0.8 cup dijon mustard
- 7 pound spiral-cut ham half smoked bone-in
- 1 cup maple syrup
- 0.3 cup raisins

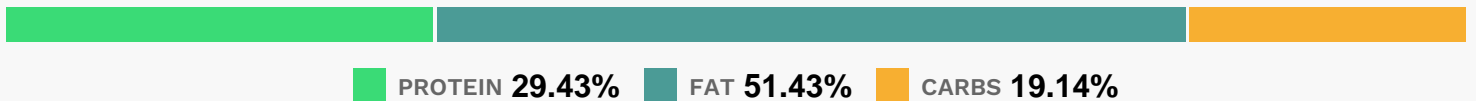
### Equipment

- frying pan
- sauce pan
- oven
- kitchen thermometer

## Directions

- Remove skin and excess fat from smoked ham; place ham in a lightly greased 13- x 9-inch pan.
- Stir together maple syrup and next 3 ingredients.
- Pour mixture over ham.
- Bake at 350 on lower oven rack 2 hours and 30 minutes or until a meat thermometer inserted into thickest portion registers 140, basting every 20 minutes with glaze.
- Let ham stand 10 minutes.
- Remove from pan, reserving drippings. If desired, cool, cover, and chill ham.
- Remove fat from drippings with a fat separator, and discard. Cover and chill drippings, if desired. Cook drippings, raisins, and apple slices in a saucepan over low heat 5 minutes.
- Serve warm sauce with ham.

## Nutrition Facts



## Properties

Glycemic Index:16.67, Glycemic Load:8.79, Inflammation Score:-3, Nutrition Score:28.159130280432%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 797.16kcal (39.86%), Fat: 44.95g (69.15%), Saturated Fat: 15.87g (99.21%), Carbohydrates: 37.64g (12.55%), Net Carbohydrates: 36.38g (13.23%), Sugar: 31.88g (35.42%), Cholesterol: 164.05mg (54.68%), Sodium: 3319.47mg (144.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.87g (115.75%), Vitamin B1: 1.64mg (109.65%), Selenium: 65.54µg (93.63%), Vitamin B3: 11.98mg (59.9%), Phosphorus: 588.01mg (58.8%), Vitamin B2: 0.95mg (55.67%), Vitamin B6: 1.03mg (51.75%), Zinc: 6.44mg (42.95%), Manganese: 0.75mg (37.32%), Vitamin B12: 1.69µg (28.22%), Potassium: 906.86mg (25.91%), Magnesium: 66.62mg (16.66%), Iron: 2.78mg (15.45%), Vitamin B5: 1.29mg (12.88%), Copper: 0.25mg (12.58%), Vitamin D: 1.85µg (12.35%), Calcium: 71.29mg (7.13%), Vitamin E: 1.03mg (6.9%), Fiber: 1.25g (5.01%), Folate: 9.71µg (2.43%), Vitamin C: 0.99mg (1.19%)