



## Simple Baked Ham



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



26

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 cups apple juice divided
- ☐ 2 tablespoons t brown sugar dark
- ☐ 1 tablespoon dijon mustard
- ☐ 8 pound low sodium shoyu smoked fully cooked

## Equipment

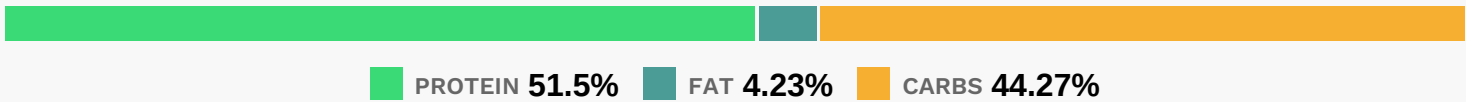
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

- ☐ aluminum foil
- ☐ dutch oven
- ☐ cutting board
- ☐ broiler pan

## Directions

- ☐ Place ham in a large Dutch oven or stockpot. Cover with water to 2 inches above ham; cover and refrigerate for 24 hours.
- ☐ Drain; rinse well with warm water.
- ☐ Drain.
- ☐ Preheat oven to 32
- ☐ Trim fat and rind from ham. Score outside of ham in a diamond pattern; stud with cloves.
- ☐ Place ham, skin side down, on the rack of a broiler pan coated with cooking spray.
- ☐ Place rack in pan; pour 1 cup apple juice over ham. Cover ham loosely with foil.
- ☐ Bake at 325 for 2 1/2 hours, basting occasionally with remaining 1 cup apple juice.
- ☐ Remove ham from oven (do not turn oven off); uncover ham.
- ☐ Combine sugar and mustard; brush over ham.
- ☐ Bake, uncovered, at 325 for 30 minutes or until a thermometer inserted into thickest portion registers 14
- ☐ Place ham on a cutting board; cover and let stand 10 minutes before slicing.
- ☐ Cut a small serving of ham into bite-sized pieces.
- ☐ Serve the pieces of ham with a fork or as finger food with side dishes.

## Nutrition Facts



## Properties

Glycemic Index:2.8, Glycemic Load:0.86, Inflammation Score:0, Nutrition Score:8.3426087254091%

## Flavonoids

Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 92.19kcal (4.61%), Fat: 0.46g (0.71%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 9.85g (3.58%), Sugar: 3.44g (3.82%), Cholesterol: 0mg (0%), Sodium: 5031.78mg (218.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.35%), Manganese: 0.61mg (30.44%), Magnesium: 97.61mg (24.4%), Phosphorus: 233.68mg (23.37%), Vitamin B2: 0.34mg (19.92%), Folate: 61.46µg (15.36%), Potassium: 512.64mg (14.65%), Vitamin B6: 0.23mg (11.38%), Iron: 1.92mg (10.68%), Vitamin B3: 1.61mg (8.05%), Zinc: 1.11mg (7.4%), Vitamin B5: 0.46mg (4.59%), Calcium: 44.53mg (4.45%), Fiber: 1.04g (4.16%), Vitamin B1: 0.06mg (4.06%), Vitamin E: 0.58mg (3.84%), Copper: 0.07mg (3.58%), Selenium: 0.92µg (1.32%)