



Simple Baked Ham



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



26

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups apple juice divided
- ☐ 2 tablespoons t brown sugar dark
- ☐ 1 tablespoon dijon mustard
- ☐ 8 pound 3%-less-sodium smoked fully cooked

Equipment

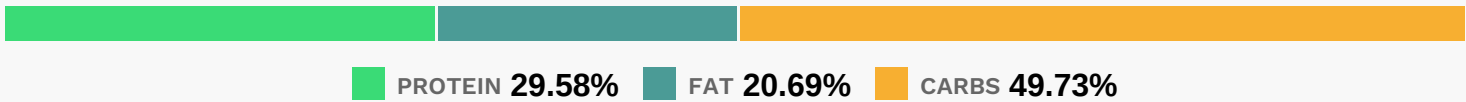
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:0.86, Inflammation Score:-1, Nutrition Score:1.4869565019465%

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: 34.97kcal (1.75%), Fat: 0.88g (1.36%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 4.7g (1.71%), Sugar: 2.92g (3.24%), Cholesterol: 0mg (0%), Sodium: 49.24mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin B3: 1.93mg (9.65%), Phosphorus: 43.87mg (4.39%), Potassium: 141.39mg (4.04%), Copper: 0.07mg (3.72%), Vitamin B2: 0.05mg (2.68%), Vitamin B12: 0.14µg (2.33%), Iron: 0.33mg (1.84%)