



Smoked Ham with Sweet Holiday Glaze

READY IN



1630 min.

SERVINGS



12

CALORIES



1272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.3 cup bourbon
- ☐ 1 cup brown sugar dark
- ☐ 1 teaspoon ground cinnamon
- ☐ 10 pound spiral ham bone in cooked
- ☐ 0.5 cup blackstrap molasses
- ☐ 3.8 tablespoons onion powder
- ☐ 1.5 cups paprika
- ☐ 2 sticks butter salted

☐ 0.8 cup sugar

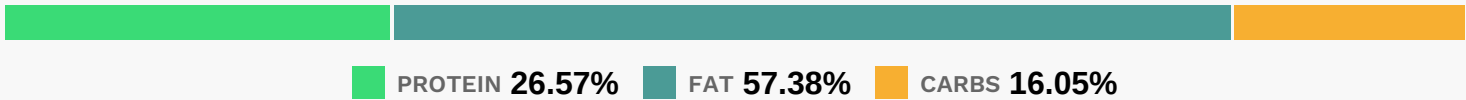
Equipment

- ☐ sauce pan
- ☐ plastic wrap
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Season the ham with dry rub.
- ☐ Place plastic wrap over ham and put in refrigerator. Allow the seasoning to penetrate the ham overnight to give it a fuller flavor.
- ☐ Using indirect heat, preheat your grill to 250 degrees F. with hickory chips and charcoal.
- ☐ Place ham in an aluminum roasting pan and place on grill grates.
- ☐ Let smoke for 3 hours, making sure the temperature remains at 250 degrees F; adding more hickory chips and charcoal, as necessary.
- ☐ Remove to a platter.
- ☐ Place all ingredients into a saucepan over medium heat. Allow to simmer, cooking for 10 to 15 minutes, until the glaze is syrupy.
- ☐ Pour the warm glaze over the warm ham and serve immediately.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:19.99, Glycemic Load:13.96, Inflammation Score:-10, Nutrition Score:45.043912993825%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1271.82kcal (63.59%), Fat: 80.49g (123.83%), Saturated Fat: 32.58g (203.64%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 45.5g (16.55%), Sugar: 42.78g (47.53%), Cholesterol: 274.85mg (91.62%), Sodium: 4629.38mg (201.28%), Alcohol: 1.67g (100%), Alcohol %: 0.45% (100%), Protein: 83.86g (167.73%), Vitamin B1: 2.33mg (155.62%), Vitamin A: 7120.48IU (142.41%), Selenium: 89.96µg (128.52%), Vitamin B6: 1.84mg (92.22%), Vitamin B3: 18.39mg (91.96%), Phosphorus: 868.6mg (86.86%), Zinc: 9.51mg (63.42%), Vitamin B2: 1.01mg (59.61%), Potassium: 1650.35mg (47.15%), Vitamin B12: 2.45µg (40.85%), Iron: 7.05mg (39.18%), Vitamin E: 5.74mg (38.24%), Magnesium: 134.67mg (33.67%), Manganese: 0.56mg (27.84%), Copper: 0.5mg (25.15%), Vitamin B5: 2.24mg (22.43%), Fiber: 5.14g (20.57%), Vitamin D: 2.65µg (17.64%), Vitamin K: 12.3µg (11.71%), Calcium: 116.49mg (11.65%), Folate: 20.11µg (5.03%)