



Spiced Grilled Ham with Citrus Glaze



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



12

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 tablespoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon ground paprika
- ☐ 6 pound ham bone-in fully-cooked trimmed
- ☐ 0.3 cup lemon marmalade (or other citrus marmalade)

☐ 2 tablespoons orange juice

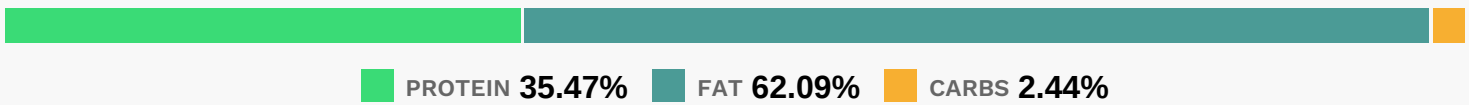
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ cutting board

Directions

- ☐ Preheat your grill to medium-hot (375°F to 425°F).Prepare it for indirect cooking: For a gas grill, turn off center burner; for a charcoal grill, bank coals on either side; place a drip pan under grate between heat sources.Score a diamond pattern into the ham, about 1/8 inch deep into any fat.In a small bowl, combine the coriander, paprika, cumin, cinnamon and cloves. Rub the spice mixture over all sides of the ham.
- ☐ Place the ham, flat side down, in center of grill over drip pan. Cover and cook, adding briquettes as necessary to maintain heat, until the internal temperature of ham reaches 140°F. This will take 1-1/2 to 2 hours or 15 to 18 minutes per pound.Meanwhile, in a small bowl, combine the marmalade, orange juice and sugar.
- ☐ Brush the marmalade mixture over the ham. Cover and grill 5 minutes, until the glaze is lightly caramelized.
- ☐ Remove ham from the grill, transfer to cutting board, and let rest 15 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.54, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:21.94434780919%

Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 565.1kcal (28.26%), Fat: 38.25g (58.84%), Saturated Fat: 13.59g (84.91%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.8g (1.02%), Sugar: 2.36g (2.62%), Cholesterol: 140.61mg (46.87%), Sodium: 2693.69mg (117.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.16g (98.32%), Vitamin B1: 1.37mg (91.43%), Selenium: 51.69µg (73.84%), Vitamin B3: 10.21mg (51.06%), Phosphorus: 491.08mg (49.11%), Vitamin B6: 0.88mg (44.04%), Zinc: 5.32mg (35.48%), Vitamin B2: 0.51mg (30.12%), Vitamin B12: 1.45µg (24.19%), Potassium: 685.4mg (19.58%), Iron: 2.33mg (12.96%), Magnesium: 47.12mg (11.78%), Vitamin B5: 1.07mg (10.68%), Vitamin D: 1.59µg (10.58%), Copper: 0.2mg (10.11%), Vitamin E: 1.01mg (6.7%), Vitamin A: 296.38IU (5.93%), Manganese: 0.1mg (4.86%), Vitamin C: 3.87mg (4.69%), Calcium: 25.94mg (2.59%), Fiber: 0.58g (2.33%), Folate: 8.48µg (2.12%)