



Sticky Baked Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



20

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 lb finely-chopped ham fully cooked (shank or butt end)
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup dijon mustard

Equipment

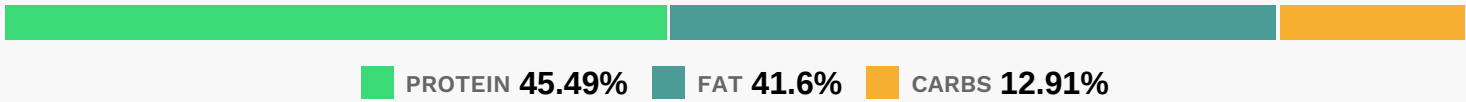
- ☐ bowl
- ☐ oven
- ☐ roasting pan

☐ aluminum foil

Directions

- ☐ Preheat the oven to 350°F. Line a roasting pan with foil.
- ☐ Place the ham in the roasting pan cut side down. Roast the ham uncovered for 1 (for a 5 lb. ham) to 2 hours hours (for an 8 lb. ham).
- ☐ Meanwhile, combine the brown sugar, balsamic vinegar and mustard in a small bowl.
- ☐ Brush the ham with the glaze; continue roasting for an additional 30 minutes, basting with glaze every 10 minutes. Ham should be baked to an internal temperature of 140° F.
- ☐ Remove from oven; let the ham rest for 15 minutes before carving.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:12.173913002986%

Nutrients (% of daily need)

Calories: 194.57kcal (9.73%), Fat: 8.75g (13.46%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.97g (2.17%), Sugar: 5.86g (6.51%), Cholesterol: 82.78mg (27.59%), Sodium: 1346.26mg (58.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.04%), Vitamin B1: 0.61mg (40.46%), Selenium: 23.58µg (33.68%), Phosphorus: 335.31mg (33.53%), Vitamin C: 26.43mg (32.04%), Vitamin B12: 1.6µg (26.65%), Vitamin B3: 4.05mg (20.26%), Zinc: 2.55mg (17.02%), Vitamin B2: 0.27mg (16%), Vitamin B6: 0.29mg (14.74%), Vitamin B5: 1.01mg (10.07%), Potassium: 334.2mg (9.55%), Copper: 0.14mg (6.75%), Magnesium: 26.19mg (6.55%), Iron: 1.08mg (5.97%), Manganese: 0.07mg (3.7%), Calcium: 14.19mg (1.42%)