



Sunny's Easy Holiday Spiral Ham

 **Gluten Free**  **Dairy Free**

READY IN	SERVINGS	CALORIES
ready	servings	calories
180 min.	10	741 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.5 cup brown sugar dark
- ☐ 10 sprigs thyme leaves fresh
- ☐ 6 pound half spiral ham bone-in
- ☐ 0.3 cup honey
- ☐ 1 juice of orange
- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 6 to 8 scrapes of nutmeg fresh
- ☐ 2 teaspoons pumpkin pie spice

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oven to 325 degrees F.
- ☐ In a bowl, mix together the brown sugar, honey, orange zest, 1/4 cup orange juice, pumpkin pie spice, and nutmeg. Season with salt.
- ☐ Roll out enough aluminum foil to surround the ham and place the ham in the center of the foil. Peel back the layers of the ham and place a sprig of thyme between every other layer of the spirals.
- ☐ Pour half of the glaze over the ham allowing it to sink into the slices. Tightly wrap the ham in the foil and place on a rack in a roasting pan. Fill the pan with an inch of water and roast in the oven until the internal temperature reaches 140 degrees F, about 20 minutes per pound.
- ☐ Pour the remaining half of the glaze in a small saucepot on medium heat and bring to a simmer.
- ☐ Whisk until small bubbles appear all over, then turn off the heat. The glaze will thicken as it rests.
- ☐ Raise the oven temperature to 400 degrees F.
- ☐ Remove the ham from the oven. Using caution and tongs to help, peel back the aluminum foil from the top, leaving the aluminum foil on the sides and underneath the ham to catch the glaze and juices. Slather the remaining glaze all over the top of the ham and place back in the oven uncovered for 15 more minutes.
- ☐ Remove and let rest before slicing.

Nutrition Facts

PROTEIN 32.32% FAT 56.95% CARBS 10.73%

Properties

Glycemic Index:25.13, Glycemic Load:4.26, Inflammation Score:-7, Nutrition Score:25.765217429918%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 740.53kcal (37.03%), Fat: 46.16g (71.01%), Saturated Fat: 16.62g (103.87%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 19.07g (6.94%), Sugar: 18.51g (20.56%), Cholesterol: 168.74mg (56.25%), Sodium: 3234.47mg (140.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.94g (117.89%), Vitamin B1: 1.65mg (109.75%), Selenium: 62.05µg (88.64%), Vitamin B3: 12.23mg (61.16%), Phosphorus: 588.46mg (58.85%), Vitamin B6: 1.05mg (52.52%), Zinc: 6.39mg (42.62%), Vitamin B2: 0.61mg (36.04%), Vitamin B12: 1.74µg (29.03%), Potassium: 823.67mg (23.53%), Iron: 2.79mg (15.52%), Magnesium: 58.04mg (14.51%), Copper: 0.26mg (12.89%), Vitamin B5: 1.28mg (12.81%), Vitamin D: 1.91µg (12.7%), Manganese: 0.18mg (9.04%), Vitamin E: 0.99mg (6.61%), Vitamin C: 4.77mg (5.79%), Calcium: 38.78mg (3.88%), Folate: 11.72µg (2.93%), Fiber: 0.5g (2.01%), Vitamin A: 62.33IU (1.25%)