



Sunshine-Glazed Ham

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

READY IN



135 min.

SERVINGS



20

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup grey poupon dijon mustard
- 4 lb ham boneless fully cooked
- 0.5 cup orange marmalade
- 8 oz peaches drained sliced chopped canned
- 2 Tbsp cooking sherry
- 0.3 cup water

Equipment

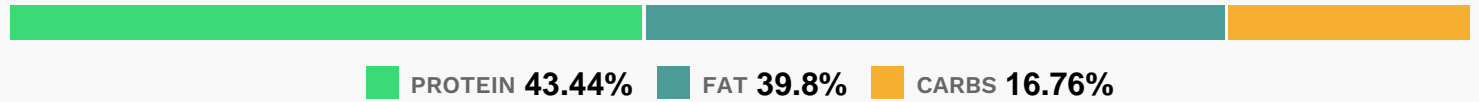
- frying pan

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 325F.
- Mix marmalade, peaches, mustard and sherry; set aside.
- Remove wrapping from ham.
- Place ham in shallow baking pan.
- Add water to pan; cover tightly with foil.
- Bake 1-1/2 hours.
- Remove foil; spoon 1/2 cup of the marmalade mixture over entire surface of ham.
- Bake an additional 30 minutes or until heated through. Meanwhile, heat the remaining marmalade mixture.
- Serve with the sliced ham.

Nutrition Facts



Properties

Glycemic Index:4.36, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:10.182173897391%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 163.37kcal (8.17%), Fat: 7.08g (10.9%), Saturated Fat: 1.56g (9.72%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 6.3g (2.29%), Sugar: 5.82g (6.47%), Cholesterol: 66.22mg (22.07%), Sodium: 1099.63mg (47.81%), Alcohol: 0.15g (100%), Alcohol %: 0.17% (100%), Protein: 17.4g (34.79%), Vitamin B1: 0.49mg (32.79%), Selenium: 19.66µg (28.09%), Phosphorus: 272.46mg (27.25%), Vitamin C: 22mg (26.67%), Vitamin B12: 1.28µg (21.32%), Vitamin B3: 3.34mg (16.72%), Zinc: 2.08mg (13.87%), Vitamin B2: 0.22mg (13.2%), Vitamin B6: 0.24mg (12.01%), Vitamin B5: 0.82mg (8.24%), Potassium: 279mg (7.97%), Copper: 0.12mg (6.15%), Magnesium: 22.29mg (5.57%), Iron: 0.89mg (4.95%), Manganese: 0.07mg (3.51%), Fiber: 0.4g (1.62%), Calcium: 11.77mg (1.18%), Folate: 4.43µg (1.11%)