



Sweet and Spicy Glazed Ham

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



145 min.

SERVINGS



20

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brown sugar packed
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.1 teaspoon ground ginger
- 0.5 teaspoon ground mustard
- 1 Dash nutmeg
- 6 lb ham smoked bone-in fully cooked
- 0.3 cup maple syrup

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 325F. Line shallow roasting pan with foil.
- Place ham, cut side down, on rack in pan. Insert ovenproof meat thermometer so tip is in thickest part of ham and does not touch bone.
- Bake uncovered about 1 hour 30 minutes or until thermometer reads 135F to 140F. Meanwhile, in small bowl, mix remaining ingredients.
- Brush over ham during last 30 minutes of baking.
- Cover ham loosely with foil and let stand 10 to 15 minutes for easier carving.

Nutrition Facts

PROTEIN 32.68% **FAT 57.22%** **CARBS 10.1%**

Properties

Glycemic Index:5.57, Glycemic Load:1.33, Inflammation Score:-1, Nutrition Score:13.08956522616%

Nutrients (% of daily need)

Calories: 366.68kcal (18.33%), Fat: 22.86g (35.17%), Saturated Fat: 8.15g (50.95%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 9.05g (3.29%), Sugar: 8.57g (9.52%), Cholesterol: 84.37mg (28.12%), Sodium: 1617.32mg (70.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.38g (58.75%), Vitamin B1: 0.82mg (54.8%), Selenium: 31.07µg (44.38%), Vitamin B3: 6.09mg (30.43%), Phosphorus: 291.99mg (29.2%), Vitamin B6: 0.52mg (25.99%), Vitamin B2: 0.37mg (21.71%), Zinc: 3.2mg (21.34%), Vitamin B12: 0.87µg (14.51%), Potassium: 409.46mg (11.7%), Manganese: 0.16mg (8.13%), Magnesium: 27.82mg (6.95%), Iron: 1.24mg (6.89%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.63mg (6.3%), Copper: 0.12mg (5.83%), Vitamin E: 0.49mg (3.29%), Calcium: 20.38mg (2.04%),

Folate: 4.26µg (1.07%)