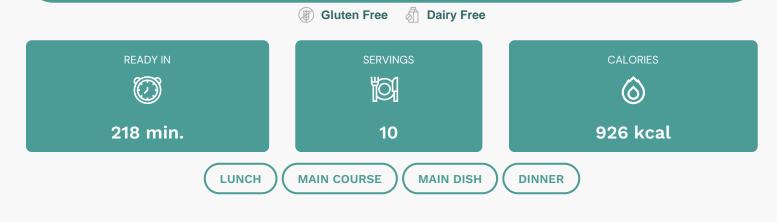


## **Sweet-Hot Plum-Glazed Ham**



# Ingredients

2 teaspoons ginger fresh minced
7 lb ham smoked bone-in fully cooked
1 tablespoon honey
2 tablespoons juice of lime
0.5 cup orange juice
10 servings garnishes: pineapple
1 cup plum preserves
0.5 teaspoon pepper dried red crushed

Ш	r tablespoon mustard yellow
Equipment	
	bowl
	sauce pan
	oven
	wire rack
	roasting pan
	kitchen thermometer
	aluminum foil
	microwave
Directions	
	Stir together first 7 ingredients in a saucepan over medium-high heat; bring to a boil, stirring constantly. Reduce heat to medium-low; simmer, stirring constantly, 5 minutes or until preserves are melted and mixture is blended.
	Pour half of plum preserve mixture into a microwave-safe bowl.
	Trim excess fat on ham to 1/8-inch thickness. If desired, make long, shallow cuts (about 1/16-inch deep) over entire ham, forming diamond patterns.
	Place ham on a wire rack in an aluminum foil-lined roasting pan.
	Brush ham with a portion of plum preserve mixture in saucepan.
	Bake ham, uncovered, at 350 on lower oven rack 1 hour and 30 minutes, basting with remaining plum preserve mixture in saucepan every 30 minutes. Loosely cover with aluminum foil, and bake 1 hour and 45 minutes or until a meat thermometer inserted into the thickest portion registers 140, basting every 30 minutes.
	Let ham stand 15 minutes before slicing.
	Garnish, if desired.
	Microwave plum preserve mixture in bowl at HIGH 1 minute or until thoroughly heated.
	Serve ham with warm mixture.

### **Nutrition Facts**

### **Properties**

Glycemic Index:24.13, Glycemic Load:14.58, Inflammation Score:-4, Nutrition Score:32.107825581146%

#### **Flavonoids**

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

### Nutrients (% of daily need)

Calories: 926.15kcal (46.31%), Fat: 57.34g (88.21%), Saturated Fat: 19.56g (122.24%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 27.31g (9.93%), Sugar: 19.37g (21.52%), Cholesterol: 196.86mg (65.62%), Sodium: 3799.12mg (165.18%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 70.22g (140.44%), Vitamin B1: 1.99mg (132.81%), Selenium: 76.07µg (108.68%), Phosphorus: 740.93mg (74.09%), Vitamin B3: 14.62mg (73.09%), Vitamin B6: 1.29mg (64.35%), Zinc: 8.04mg (53.57%), Vitamin B2: 0.75mg (44.37%), Vitamin B12: 2.03µg (33.87%), Copper: 0.63mg (31.71%), Potassium: 1006.97mg (28.77%), Iron: 4.17mg (23.18%), Magnesium: 92.45mg (23.11%), Vitamin B5: 1.5mg (14.97%), Vitamin D: 2.22µg (14.82%), Manganese: 0.27mg (13.38%), Vitamin C: 10.13mg (12.28%), Calcium: 110.28mg (11.03%), Vitamin E: 1.26mg (8.4%), Folate: 25.26µg (6.32%), Fiber: 1.47g (5.87%), Vitamin A: 57.74IU (1.15%)