



Sweet-Hot Plum-Glazed Ham

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

READY IN



218 min.

SERVINGS



10

CALORIES



926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

- 1 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

PROTEIN 30.8% FAT 56.58% CARBS 12.62%

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 Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)