



Sweet Pineapple Glazed Ham

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



145 min.

SERVINGS



1

CALORIES



11829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups ginger ale divided vernors® (such as)
- 10 pound ham whole
- 8 ounce maraschino cherries
- 16 ounce pineapple rings canned
- 1 serving toothpicks
- 1 serving toothpicks

Equipment

- oven

- toothpicks
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Stick pineapple rings and maraschino cherries all around the outside of the ham with toothpicks; place into a roasting pan.
- Pour 1 cup ginger ale over the ham. Cover ham with aluminum foil.
- Bake in preheated oven for 1 hour.
- Pour remaining ginger ale over the ham, cover again with foil, and bake another 45 minutes.
- Remove foil and bake until instant-read thermometer inserted into the center reads at least 145 degrees F (63 degrees C), about 30 minutes more.

Nutrition Facts

PROTEIN 33.81% **FAT 59.05%** **CARBS 7.14%**

Properties

Glycemic Index:63, Glycemic Load:26.05, Inflammation Score:-10, Nutrition Score:75.899130282195%

Nutrients (% of daily need)

Calories: 11829.14kcal (591.46%), Fat: 761.65g (1171.77%), Saturated Fat: 271.37g (1696.08%), Carbohydrates: 207.18g (69.06%), Net Carbohydrates: 194.03g (70.56%), Sugar: 194.69g (216.32%), Cholesterol: 2812.27mg (937.42%), Sodium: 53888.06mg (2342.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 981.21g (1962.42%), Vitamin B1: 27.72mg (1848.24%), Selenium: 1032.39µg (1474.85%), Vitamin B3: 203.64mg (1018.22%), Phosphorus: 9745.43mg (974.54%), Vitamin B6: 17.59mg (879.4%), Zinc: 106.51mg (710.08%), Vitamin B2: 10.12mg (595.27%), Vitamin B12: 29.03µg (483.83%), Potassium: 13587.54mg (388.22%), Iron: 42.56mg (236.43%), Magnesium: 943.66mg (235.91%), Copper: 4.66mg (232.97%), Vitamin D: 31.75µg (211.68%), Vitamin B5: 20.85mg (208.52%), Vitamin E: 16.53mg (110.22%), Calcium: 526.72mg (52.67%), Fiber: 13.15g (52.62%), Vitamin C: 42.64mg (51.68%), Folate: 158.76µg (39.69%), Manganese: 0.72mg (36.18%), Vitamin A: 328.85IU (6.58%), Vitamin K: 6.58µg (6.26%)