



Tangerine-Glazed Easter Ham With Baby Carrots

 **Gluten Free** Image not found or type unknown

READY IN

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260 min.

SERVINGS

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12

CALORIES

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728 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 5.5 pounds carrots peeled
- ☐ 2 cinnamon sticks
- ☐ 1 bunch sage leaves fresh
- ☐ 8 pound ham smoked bone-in , skin on
- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 2 cups brown sugar light packed
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 2 cups tangerine juice
- ☐ 2 tangerines seeds removed sliced thin
- ☐ 1 cup butter unsalted cut in chunks 2 sticks
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ cutting board

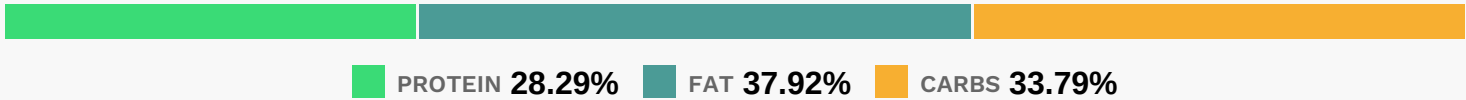
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 300 degrees F.
- ☐ Put the ham in a large roasting pan, fat-side up. Using a sharp knife, score the ham with cuts across the skin, about 2-inches apart and 1/2-inch deep.
- ☐ Cut diagonally down the slashes to form a diamond pattern; season the meat generously with salt and pepper. Chop about 8 of the sage leaves and put it in a bowl; mix with the oil to make a paste. Rub the sage-oil all over the ham, being sure to get the flavor into all the slits.
- ☐ Bake the ham for 2 hours. Now there is plenty of time to bang-out the tangerine glaze.
- ☐ Place a saucepan over medium heat.
- ☐ Add the chunks of butter, tangerines, tangerine juice, brown sugar, water, and spices. Slowly cook the liquid down to a syrupy glaze; this should take about 30 to 40 minutes.
- ☐ After the ham has been going for a couple of hours, pour the tangerine glaze all over it, with the pieces of fruit and all. Scatter the remaining sage leaves on top and stick the ham back in the oven and continue to cook for 1 1/2 hours, basting with the juices every 30 minutes.
- ☐ Scatter the carrots around the ham and coat in the tangerine glaze. Stick the ham once again back in the oven and cook for a final 30 minutes, until the carrots are tender, the ham is dark and crispy, and the whole thing is glistening with a sugary glaze.

- ☐
- Set the ham on a cutting board to rest before carving.

☐

Nutrition Facts



Properties

Glycemic Index:10.49, Glycemic Load:7.33, Inflammation Score:-10, Nutrition Score:28.156956535319%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 8.21mg, Hesperetin: 8.21mg, Hesperetin: 8.21mg, Hesperetin: 8.21mg Naringenin: 2.03mg, Naringenin: 2.03mg, Naringenin: 2.03mg, Naringenin: 2.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 727.75kcal (36.39%), Fat: 31.41g (48.32%), Saturated Fat: 14.14g (88.39%), Carbohydrates: 62.99g (21%), Net Carbohydrates: 56.42g (20.52%), Sugar: 51.38g (57.09%), Cholesterol: 185.82mg (61.94%), Sodium: 3828.77mg (166.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.73g (105.46%), Vitamin A: 35410.22IU (708.2%), Copper: 3.42mg (171.25%), Phosphorus: 792.89mg (79.29%), Potassium: 1634.11mg (46.69%), Zinc: 6.05mg (40.35%), Vitamin C: 28.31mg (34.31%), Magnesium: 129.58mg (32.39%), Vitamin K: 31.82µg (30.31%), Iron: 5.1mg (28.34%), Manganese: 0.54mg (27.06%), Fiber: 6.56g (26.25%), Vitamin E: 2.56mg (17.04%), Vitamin B6: 0.33mg (16.62%), Calcium: 159.12mg (15.91%), Vitamin B1: 0.17mg (11.52%), Folate: 44.89µg (11.22%), Vitamin B3: 2.2mg (10.99%), Vitamin B2: 0.14mg (8.35%), Vitamin B5: 0.72mg (7.23%), Vitamin D: 0.28µg (1.89%), Selenium: 0.92µg (1.31%)