



HEALTH SCORE

60%

Tangy Honey Glazed Ham



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



180 min.

SERVINGS



3

CALORIES



4160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups brown sugar dark packed
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 teaspoon ground cloves
- ☐ 10 pound ham bone-in fully-cooked
- ☐ 0.3 cup honey
- ☐ 0.3 juice of orange juiced
- ☐ 0.3 cup pineapple juice

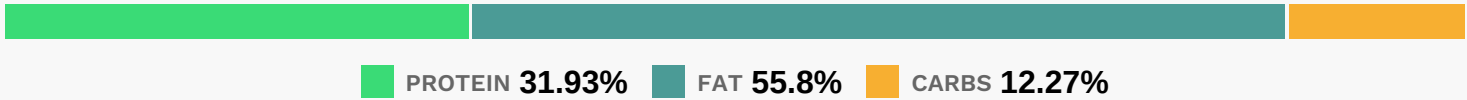
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Place ham in a roasting pan.
- ☐ In a small saucepan, combine brown sugar, pineapple juice, honey, orange juice, orange zest, Dijon mustard, and ground cloves. Bring to a boil, reduce heat, and simmer for 5 to 10 minutes. Set aside.
- ☐ Bake ham in preheated oven uncovered for 2 hours.
- ☐ Remove ham from oven, and brush with glaze.
- ☐ Bake for an additional 30 to 45 minutes, brushing ham with glaze every 10 minutes.

Nutrition Facts



Properties

Glycemic Index:60.76, Glycemic Load:18.1, Inflammation Score:-7, Nutrition Score:59.726521341697%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 4160.39kcal (208.02%), Fat: 253.96g (390.71%), Saturated Fat: 90.45g (565.32%), Carbohydrates: 125.67g (41.89%), Net Carbohydrates: 125.04g (45.47%), Sugar: 123.16g (136.85%), Cholesterol: 937.42mg (312.47%), Sodium: 18085.36mg (786.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 326.93g (653.86%), Vitamin B1: 9.13mg (608.49%), Selenium: 348.06µg (497.23%), Vitamin B3: 67.73mg (338.67%), Phosphorus: 3255mg (325.5%), Vitamin B6: 5.83mg (291.43%), Zinc: 35.29mg (235.25%), Vitamin B2: 3.37mg (198.25%), Vitamin B12: 9.68µg (161.28%), Potassium: 4529.87mg (129.42%), Iron: 14.24mg (79.09%), Magnesium: 305.39mg (76.35%), Vitamin B5: 7.11mg (71.15%), Vitamin D: 10.58µg (70.56%), Copper: 1.34mg (67.03%), Vitamin E: 5.5mg (36.67%), Manganese: 0.58mg (28.77%), Calcium: 195.68mg (19.57%), Folate: 54.49µg (13.62%), Vitamin C: 6.18mg (7.5%), Fiber: 0.63g (2.51%)