



## Thyme Honey Glazed Ham



Gluten Free

READY IN



240 min.

SERVINGS



16

CALORIES



880 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 12 pounds ham boneless fully cooked at room temperature
- ☐ 0.5 cup honey
- ☐ 2 tablespoons thyme leaves chopped
- ☐ 3 tablespoons butter unsalted
- ☐ 1 teaspoon worcestershire sauce

### Equipment

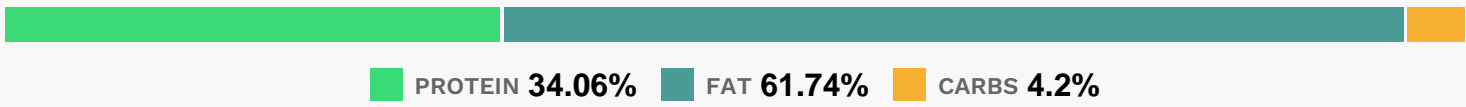
- ☐ sauce pan

- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil

## Directions

- ☐ Melt butter with thyme and let stand until ready to use.
- ☐ Preheat oven to 350°F with rack in lower third.
- ☐ Peel off and discard any rind or skin from ham, leaving 1/4 inch of fat on ham. Score fat on top of ham in a crosshatch pattern without cutting into meat. Put ham on a rack in a large roasting pan. Cover ham with parchment paper, then cover roasting pan with foil.
- ☐ Bake 1 3/4 hours.
- ☐ Meanwhile, boil vinegar in a small saucepan until reduced to about 1 tablespoon.
- ☐ Remove from heat and whisk in honey, Worcestershire sauce, and thyme butter.
- ☐ Let honey glaze stand until ham has baked 1 3/4 hours.
- ☐ Discard foil and parchment from ham. If there is no liquid in roasting pan, add 1 cup water (liquid will prevent glaze from burning in pan).
- ☐ Brush ham with half of honey glaze, then bake, uncovered, 30 minutes.
- ☐ Brush with remaining glaze and bake until glaze is deep golden-brown and ham is heated through, about 30 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:8.58, Glycemic Load:4.61, Inflammation Score:-7, Nutrition Score:29.569565384284%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Nutrients (% of daily need)

Calories: 879.66kcal (43.98%), Fat: 59.19g (91.07%), Saturated Fat: 21.7g (135.6%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 8.91g (3.24%), Sugar: 8.75g (9.72%), Cholesterol: 216.56mg (72.19%), Sodium: 4043.96mg (175.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.48g (146.97%), Vitamin B1: 2.05mg (136.36%), Selenium: 77.34µg (110.49%), Vitamin B3: 15.21mg (76.04%), Phosphorus: 730.52mg (73.05%), Vitamin B6: 1.3mg (64.92%), Zinc: 7.94mg (52.91%), Vitamin B2: 0.76mg (44.79%), Vitamin B12: 2.18µg (36.36%), Potassium: 990.15mg (28.29%), Iron: 3.18mg (17.69%), Magnesium: 66.54mg (16.63%), Vitamin D: 2.42µg (16.14%), Vitamin B5: 1.57mg (15.68%), Copper: 0.29mg (14.62%), Vitamin E: 1.29mg (8.57%), Manganese: 0.08mg (4.03%), Calcium: 29.29mg (2.93%), Folate: 10.92µg (2.73%), Vitamin A: 107.47IU (2.15%), Vitamin C: 1.5mg (1.82%)