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Ham Recipe

This recipe is a classic ham dish that is perfect for special occasions or holiday gatherings. The ham is slow-cooked to perfection, resulting in tender and flavorful meat. It can be served as the main course or used in sandwiches or salads. The recipe also includes a delicious glaze that adds a sweet and savory touch to the ham.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 120 mins

Total Time: 150 mins

Recipe Yield: 2000 grams

Number of Servings: 10

Serving Size: 200 g

Ingredients

2000 g	Ham
200 g	brown sugar
50 g	dijon mustard
100 g	honey
200 g	pineapple slices

100 g maraschino cherries

10 g cloves

Directions

Step 1

Oven

Preheat the oven to 325°F (165°C).

Prep Time: 10 mins

Cook Time: 120 mins

Step 2

Cutting

Score the surface of the ham in a diamond pattern.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, mix together the brown sugar, Dijon mustard, and honey to make the glaze.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Brushing

Brush the glaze over the surface of the ham.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Insert cloves into the ham for added flavor.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Plating

Place the ham on a baking dish and arrange pineapple slices and maraschino cherries on top.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Cover the ham with aluminum foil and bake for 2 hours.

Prep Time: 0 mins

Cook Time: 120 mins

Step 8

Baking

Remove the foil and continue baking for an additional 30 minutes, or until the ham is golden brown and heated through.

Prep Time: 0 mins

Cook Time: 30 mins

Step 9

Resting

Let the ham rest for 10 minutes before slicing and serving.

Prep Time: 10 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Cuisines

Italian Chinese

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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