

Juicy Baked Ham with Caramelized Orange Glaze

Ingredients:

- 1 (9 to 10-pound) bone-in ham
- 14 oz. orange marmalade
- ¼ cup dark molasses
- ½ tsp ground cloves
- ½ tsp nutmeg
- ½ tsp cinnamon
- 1 ½ tbsp Dijon mustard

Instructions:

1. **Preheat the oven** to 375°F (190°C).
2. **Prepare the ham:**
 - Using a sharp knife, score the ham by cutting about ⅓ inch deep into the fat, creating a diamond pattern. This will help crisp the skin and allow the glaze to penetrate the meat.
3. **Make the glaze:**
 - In a heavy saucepan, melt the orange marmalade over medium heat.
 - Add the molasses, ground cloves, nutmeg, and cinnamon, stirring until well combined.
 - Stir in the Dijon mustard and bring the mixture to a soft simmer. Set aside.
4. **Roast the ham:**
 - Place the ham on a rack in a roasting pan.
 - Generously coat the ham with the glaze using a brush or spoon.
 - Bake the ham for 30 minutes, uncovered.
5. **Reglaze:**
 - After 30 minutes, remove the ham from the oven and apply another layer of glaze.
 - Return the ham to the oven and bake for another 30 minutes.
6. **Final reglaze and bake:**
 - After the second 30-minute interval, reglaze the ham one more time and loosely cover it with aluminum foil.
 - Bake for an additional 1 hour.

7. **Rest and serve:**

- Once done, remove the ham from the oven and let it rest for a few minutes.
- Carve the ham into slices and serve.

Enjoy the sweet, tangy, and spiced flavors of your beautifully glazed baked ham!

To provide a nutritional breakdown, I will calculate an estimate based on the ingredients and a standard serving size. Assuming this recipe serves approximately **12 people**, here's an approximate nutritional breakdown per serving (1/12th of the ham):

Nutritional Breakdown (per serving)

- **Calories:** 445 kcal
- **Protein:** 42 g
- **Fat:** 24 g
 - **Saturated Fat:** 8 g
- **Carbohydrates:** 23 g
 - **Sugar:** 21 g
- **Fiber:** 0.5 g
- **Cholesterol:** 100 mg
- **Sodium:** 1350 mg
- **Potassium:** 500 mg

Key Notes:

- The high sodium content comes from the ham itself, as it's often cured with salt.
- The majority of carbohydrates come from the orange marmalade and molasses, which also contribute to the sugars.
- The protein content is high, making this dish a good source of protein for each serving.

This is an estimate and can vary depending on the specific brand or type of ham and ingredients used. Let me know if you'd like more detailed information!