

Maple-Mustard Ham Glaze

CommunityTable.com

Yield: 1 1/2 cups

1 1/2 cups maple syrup

1/3 cup Dijon mustard

1/2 teaspoon dried thyme

4 cloves garlic, chopped

In a small bowl, combine all of the ingredients.

When to glaze? Brush the ham with a thin coating of glaze before placing in the oven. Apply the rest 30 minutes before the end of the cook time. The sugars in a glaze may burn, so keep checking the ham.

Per Serving (excluding unknown items): 1317 Calories; 5g Fat (3.0% calories from fat); 5g Protein; 327g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1037mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 21 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1317
% Calories from Fat:	3.0%
% Calories from Carbohydrates:	95.7%
% Calories from Protein:	1.3%
Total Fat (g):	5g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	327g
Dietary Fiber (g):	3g
Protein (g):	5g
Sodium (mg):	1037mg
Potassium (mg):	1121mg
Calcium (mg):	588mg
Iron (mg):	8mg
Zinc (mg):	1mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	27IU
Vitamin A (r.e.):	2 1/2RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	9mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	21 1/2

Nutrition Facts

Amount Per Serving

Calories	1317	Calories from Fat: 39
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% Daily Values*

Total Fat	5g	7%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	1037mg	43%
Total Carbohydrates	327g	109%
Dietary Fiber	3g	10%
Protein	5g	

Vitamin A	1%
Vitamin C	7%
Calcium	59%
Iron	46%

* Percent Daily Values are based on a 2000 calorie diet.