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# Glazed Baked Ham (Microwave)

*Mariette Bissonnette*

*Nettles Island Cooking in Paradise - 2014*

**3 pounds canned ham**

**1 can (8 ounce) pineapple slices, drained, reserve the juice**

**1/2 cup packed brown sugar**

**1 teaspoon dry mustard**

**16 whole cloves**

Place the ham on a roasting pan or pie plate. Cover loosely with plastic wrap.

Microwave on MEDIUM for 15 minutes. Set aside.

In a small bowl, mix three tablespoons of pineapple juice, sugar and mustard. Microwave for 1 to 1-1/2 minutes.

Place four cloves on each pineapple slice. Arrange on top of the ham. Pour half of the glaze over the ham. Cover.

Microwave on MEDIUM for 20 to 30 minutes, brushing with the glaze two or three times.

Cover with aluminum foil and let stand for 5 to 10 minutes.

## **Pork**

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*Per Serving (excluding unknown items): 4071 Calories; 278g Fat (60.1% calories from fat); 226g Protein; 189g Carbohydrate; 37g Dietary Fiber; 667mg Cholesterol; 18892mg Sodium. Exchanges: 4 Grain(Starch); 31 1/2 Lean Meat; 1 Fruit; 35 1/2 Fat; 7 Other Carbohydrates.*