

MAPLE, HONEY & MUSTARD GLAZED HAM



LifeShape Clinic

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INGREDIENTS (SERVES 25)

1/2 cup brown sugar, firmly packed
1/3 cup sugar free maple syrup
1/3 cup honey
1 tablespoon Dijon mustard
8kg whole leg ham, on the bone
Salad, to serve

METHOD

1. Preheat oven to 170°C. Line a large baking dish with 2 layers of non-stick baking paper. Place an oven shelf in the lowest position. Remove all other shelves.
2. In a small bowl mix sugar, maple syrup, honey and mustard until the sugar dissolves.
3. Use a sharp knife to cut around the shank of the ham, about 10cm from the end. Run a knife under the rind around edge of ham. Gently lift the rind off in 1 piece by running your fingers between the rind and the fat.
4. Score the fat in a diamond pattern, about 5mm deep. Transfer to prepared dish.
5. Brush one-third of the glaze over the ham. Bake, brushing with glaze every 25 minutes, for 1 hour 30 minutes. Serve with 1.5 cups of salad.

Nutrition Guide

PER SERVE (245g of ham)

Energy (cal)	365cal
Protein	41.8g
Fat	17.7g
Saturated Fat	6.4g
Carbohydrate	8.5g
Sugar	8.5g
Sodium	3288mg
Fibre	4g

RECIPE VARIATION

1200

Dinner Requirement: 370 - 400 cal
Meets Requirements: Yes
Total Meal Calories: 400 cal

1500

Dinner requirement: 420 - 450 cal
Meets requirements: No
Recommendations: Add 1 tsp oil based dressing or 1 tbs of avocado to salad per serve
Total meal calories: 448 cal

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