

Orange Glazed Ham

Now you can enjoy perfectly glazed ham without added sugar! Our baked ham with it's simple 4 ingredient orange and spice glaze is easy enough for a casual weekend dinner or meal prep session and elegant enough for holiday feasts.

🕒 Prep: 10 mins Cook: 1 hour 30 mins Total: 1 hour 40 mins



Servings: 10

1x

2x

3x

INGREDIENTS

- 4-5lb. Pederson's Natural Farms No-sugar Uncured Smoked Boneless Ham (or other fully-cooked ham)
- ½ cup water

For the Glaze:

- ¾ cup frozen orange juice concentrate, slightly thawed
- ⅓ cup water
- ¼ teaspoon dried ground ginger
- ⅛ teaspoon ground cloves

INSTRUCTIONS

1. Preheat oven to 325°F. Position oven rack in the lower ⅓ of the oven.
2. Unwrap ham and place sliced side down on a rack in roasting pan. Add ½ cup water to bottom of pan. Place a sheet of parchment paper over the ham then cover with aluminum foil.
3. Place pan in oven and roast 45 minutes.
4. While ham is in the oven, prepare glaze by adding orange juice, water, ginger and cloves to a small saucepan. Bring to a boil, reduce heat then simmer until reduced to roughly half and glaze is slightly thickened. Remove from heat.
5. After 45 minutes, remove ham from oven and uncover. Spoon or brush some of the glaze over ham. Return ham to oven uncovered.
6. Continue to spoon or brush remaining glaze over the ham every 15 minutes until a thermometer inserted in the center of the ham registers 140°F.
7. Remove ham from oven and allow to rest, covered, for 10 minutes before slicing and serving.

NOTES

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DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Paleo Whole30

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Find it online: <https://therealfooddietitians.com/orange-glazed-ham/>

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