

# Brown Sugar Glazed Ham

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9910
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM STK VAC-PK 6Z	100 Each		538531
SUGAR BROWN LT	1 Quart 1 Pint (6 Cup)		860311
Tap Water for Recipes	1 Pint 1 Cup (3 Cup)	UNPREPARED	000001WTR
VINEGAR APPLE CIDER 5	1 Pint		430795
SPICE MUSTARD GRND	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		224928

## Preparation Instructions

Mix brown sugar, water, vinegar and ground mustard together. Lay ham accordion style in a baking pan. Pour glaze over ham. Cover and bake at 350 degrees until ham temps 145 degrees. Baste with glaze during baking.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	243.94
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	90.00mg
<b>Sodium</b>	1940.22mg
<b>Carbohydrates</b>	13.52g
<b>Fiber</b>	0.00g
<b>Sugar</b>	11.52g
<b>Protein</b>	28.00g
<b>Vitamin A</b> 0.03IU	<b>Vitamin C</b> 0.03mg
<b>Calcium</b> 0.24mg	<b>Iron</b> 0.75mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available