

Brown Sugar Glazed Ham



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9910
School:	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

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available