

# Christmas Ham in Coke

Yield: 7 min  
Total Time: 160 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-ham-in-coke-recipe>

## Ingredients:

- 4 3/8 pounds gammon unsmoked
- 15 cloves
- 3 bay leaves
- 2 star anise
- 20 black peppercorns
- 8 7/16 cups cola
- 40 cloves
- 4 tablespoons honey
- 3 tablespoons Dijon mustard
- 1 tablespoon brown sugar

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 195 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 59 grams
7. SaturatedFat: 6 grams
8. Sodium: 190 milligrams
9. Sugar: 38 grams

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