

Smoked Glazed Ham for Christmas

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 1 can crushed pineapple in juice not syrup
- 1 cup orange juice no pulp
- 2 cloves garlic crushed
- 1 teaspoon smoked paprika
- 2 tablespoons worcestershire sauce
- 1 tablespoon English mustard
- 2 tablespoons tomato paste
- 1 cup brown sugar
- cayenne pepper to taste, adjust to your liking
- cloves
- 1 ham pre cooked leg of

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. Sodium: 300 milligrams
8. Sugar: 42 grams

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