

# Maple Glazed Ham

Yield: 18 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-maple-ham-recipe>

## Ingredients:

- 1 spiral sliced ham 7- to 10-pound
- 12 ounces apple jelly
- 3/4 cup dark brown sugar packed
- 1/4 cup maple syrup
- 3 tablespoons whole grain mustard
- 1 cinnamon stick broken into rough pieces
- 1/4 teaspoon ground nutmeg
- 2 tablespoons butter
- 1/2 teaspoon dry mustard

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 135 milligrams
4. Fat: 8 grams
5. Protein: 43 grams
6. SaturatedFat: 3 grams
7. Sodium: 2080 milligrams
8. Sugar: 23 grams

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