Baked Ham (402)

(Baked Ham MC402)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Boneless ham	12 lb		24 lb			1. Place ham on a rack in roasting pan. Do not cover. 2. Bake 325 F for approximately 2-2 ½ hours.
						3. Remove ham from oven about 30 minutes before it is done. Drain off drippings. 4. Score ham ¼ inch deep in diamond pattern.
Brown sugar Cornstarch Light corn syrup Pineapple juice	8 oz 	1 Cup 2 Tbsp ¼ Cup 2 Tbsp	1 lb 	2 Cup ¼ Cup ½ Cup ¼ Cup		5. Ham Glaze: Combine brown sugar, cornstarch, corn syrup, and pineapple juice. 6. Spoon over ham.
						7. Return ham to oven and bake until done. *CCP: Internal temperature of product must register 145 F for 15 seconds at completion of cooking process.*
						8. Slice ham for service. Portion 3 oz ham per serving. *CCP Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 3-oz portion provides 2 oz. meat/meat alternate

Yield: 50 servings: 50 3-oz servings
100 servings: 100 3-oz servings

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Baked Ham (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	166		Iron	0.92	Mg	Protein	21.07	G	Percent ⇒	Protein	50.81%
Cholesterol	51	Mg	Calcium	11.64	Mg	Carbohydrates	7.10	G	Of ⇒	Carbohydrates	17.13%
Sodium	1559	Mg	Vitamin A	0	RE	Total Fat	5.40	G	Calories ⇒	Total Fat	29.30%
Dietary Fiber	0.00	G	Vitamin C	0.07	Mg	Saturated Fat	1.76	G	From ⇒	Saturated Fat	9.57%

Production Notes:
When using smoked ham, refer to Food Buying Guide for additional yield information.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes: