

Barbecued Glazed Ham

Ingredients:

- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon cumin
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1 tablespoon sugar substitute
- 1 fully cooked bone-in smoked ham (6 to 7 pound), shank or butt portion
- 1/3 cup sugar-free apricot jam

Directions:

Prepare the grill for indirect heat. Place a disposable aluminum drip pan in center of bottom grate or floor of grill. For a closed gas grill, heat on high for 10 to 15 minutes, then turn off heat source directly under pan, leaving the other one or two burners on. Adjust heat to register between 375F and 425F on an oven thermometer. For a charcoal grill, build two equal piles of briquettes on either side of drip pan. Burn coals about 25 minutes, until they are covered with gray ash. Close lid and grill 45 minutes. Turn ham over (adding more briquettes if necessary), and grill 45 to 60 minutes more, until an instant-read thermometer inserted in center of ham (away from bone) registers 140F. Combine chili powder, paprika, cumin, cinnamon, cloves and sugar substitute in a cup. Score top and sides of ham with a sharp knife in a crisscross pattern. Sprinkle rub over all sides. Place ham on prepared grill over pan. Spoon or brush jam over ham. Cover and grill 5 minutes more. Let stand 15 minutes before carving.

Total Carbs: About 3 grams/serving (if 10 equal servings)