



Apple Butter Ham Glaze

 **Gluten Free**

 **Dairy Free**

READY IN

ready

10 min.

SERVINGS

servings

6

CALORIES

calories

96 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup spiced apple butter
- ☐ 1 tablespoon onion flakes dried
- ☐ 0.5 cup orange juice
- ☐ 1 tablespoon worcestershire sauce

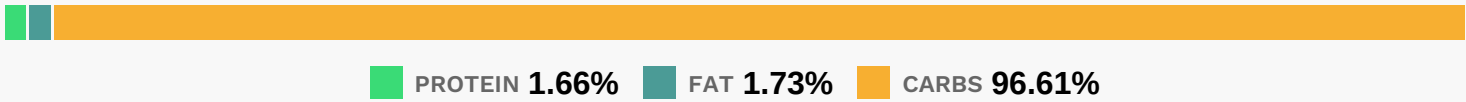
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

☐ Whisk together the apple butter, orange juice, dried onion flakes, and Worcestershire sauce in a small saucepan. Simmer until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:1.1, Inflammation Score:-1, Nutrition Score:2.1173912954071%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 95.7kcal (4.78%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 22.54g (8.2%), Sugar: 18.92g (21.02%), Cholesterol: 0mg (0%), Sodium: 44.26mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Vitamin C: 11.61mg (14.07%), Manganese: 0.16mg (8.13%), Potassium: 120.29mg (3.44%), Fiber: 0.82g (3.29%), Copper: 0.06mg (2.79%), Folate: 8.28µg (2.07%), Vitamin B6: 0.04mg (1.95%), Iron: 0.35mg (1.95%), Vitamin B1: 0.03mg (1.93%), Calcium: 14.03mg (1.4%), Magnesium: 5.29mg (1.32%), Vitamin B2: 0.02mg (1.16%), Phosphorus: 11.5mg (1.15%), Vitamin A: 54.06IU (1.08%)