



Apricot and Honey Ham Glaze

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



202 kcal

SIDE DISH

Ingredients

- 0.5 cup apricot preserves
- 3 tablespoons honey
- 1 tablespoon mustard english hot
- 2 tablespoons orange marmalade

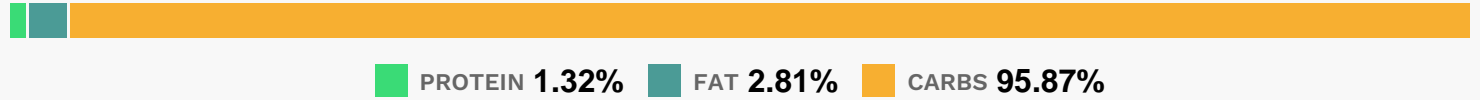
Equipment

- bowl

Directions

- Stir together the apricot jam, honey, hot English mustard, and orange marmalade in a bowl until the mixture is well combined.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:9.02, Inflammation Score:-1, Nutrition Score:1.0082608710812%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 201.81kcal (10.09%), Fat: 0.68g (1.04%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 52.19g (17.4%), Net Carbohydrates: 51.93g (18.89%), Sugar: 43g (47.78%), Cholesterol: 0mg (0%), Sodium: 449.08mg (19.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 4.22mg (5.11%), Copper: 0.06mg (2.95%), Vitamin A: 89.1IU (1.78%), Manganese: 0.04mg (1.76%), Iron: 0.3mg (1.67%), Selenium: 1.04µg (1.48%), Calcium: 14.21mg (1.42%), Potassium: 46.22mg (1.32%), Vitamin B2: 0.02mg (1.18%), Fiber: 0.25g (1.01%)