



Apricot-Glazed Ham Steaks

 Gluten Free  Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apricot spreadable fruit
- 0.8 pound ham lean
- 0.3 cup orange juice

Equipment

- frying pan

Directions

- Slice ham into 4 (3-ounce) slices. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add ham; cook 2 to 3 minutes on each side or until lightly browned.
- Add apricot spread and orange juice to skillet, stirring until spread melts. Reduce heat, and simmer 5 to 6 minutes or until ham is glazed.
- Garnish with orange slices, if desired.

Nutrition Facts



■ **PROTEIN 33.99%**
■ **FAT 59.07%**
■ **CARBS 6.94%**

Properties

Glycemic Index:13, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:8.7034781652948%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 222.09kcal (11.1%), Fat: 14.31g (22.01%), Saturated Fat: 5.09g (31.82%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.51g (1.28%), Sugar: 2.97g (3.3%), Cholesterol: 52.73mg (17.58%), Sodium: 1010.42mg (43.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.04%), Vitamin B1: 0.53mg (35.12%), Selenium: 19.32µg (27.6%), Vitamin B3: 3.91mg (19.57%), Phosphorus: 186.42mg (18.64%), Vitamin B6: 0.33mg (16.59%), Zinc: 1.99mg (13.29%), Vitamin B2: 0.2mg (11.54%), Vitamin C: 8.08mg (9.79%), Vitamin B12: 0.54µg (9.07%), Potassium: 287.42mg (8.21%), Magnesium: 18.6mg (4.65%), Iron: 0.82mg (4.54%), Copper: 0.09mg (4.43%), Vitamin B5: 0.42mg (4.24%), Vitamin D: 0.6µg (3.97%), Vitamin E: 0.31mg (2.08%), Folate: 7.5µg (1.87%), Vitamin A: 75.73IU (1.51%), Fiber: 0.27g (1.07%)