



## Aunt Peggy's Orange Glazed Ham Steak

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon plus 1 teaspoon cornstarch
- 2 pound ham steaks
- 0.3 cup orange juice
- 2 orange zest finely grated juiced
- 0.3 cup sugar
- 2 tablespoons water boiling

### Equipment

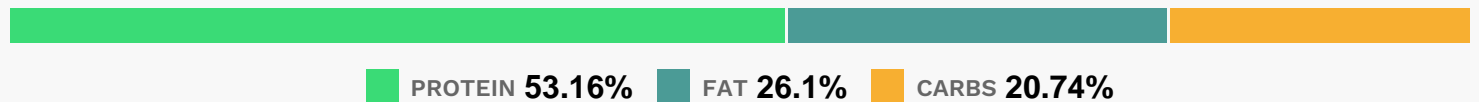
- bowl

- oven
- whisk
- baking pan

## Directions

- Preheat the oven to 350 degrees F.
- In a small bowl, whisk together the sugar, cornstarch and boiling water until the granules dissolve.
- Whisk in the orange zest and juice.
- Put the ham steaks in a large baking dish.
- Pour half of the glaze over the meat, turning once to coat them evenly.
- Bake for 1 hour, flipping the steaks occasionally and basting them with the remaining glaze. The glaze will thicken and the finished ham will be golden around the edges.
- Remove from the oven and transfer the steaks to a serving platter.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:30.52, Glycemic Load:9.55, Inflammation Score:-5, Nutrition Score:25.422173780997%

## 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

## Nutrients (% of daily need)

Calories: 345.23kcal (17.26%), Fat: 9.72g (14.96%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.7g (6.07%), Sugar: 13.78g (15.31%), Cholesterol: 102.06mg (34.02%), Sodium: 2879.06mg (125.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.56g (89.13%), Vitamin B1: 1.84mg (122.37%), Vitamin C: 89.17mg (108.08%), Phosphorus: 593.83mg (59.38%), Vitamin B3: 11.64mg (58.19%), Selenium: 35.36µg (50.51%), Vitamin B6: 0.86mg (42.8%), Zinc: 4.61mg (30.71%), Vitamin B12: 1.79µg (29.86%), Vitamin B2: 0.47mg

(27.41%), Potassium: 781.12mg (22.32%), Vitamin B5: 1.47mg (14.65%), Iron: 2.36mg (13.13%), Magnesium: 46.25mg (11.56%), Copper: 0.2mg (9.84%), Manganese: 0.09mg (4.38%), Folate: 15.52µg (3.88%), Fiber: 0.69g (2.74%), Calcium: 20.83mg (2.08%), Vitamin A: 56.2IU (1.12%)