

Barbeque Ham

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons brown sugar
- 1 pound ham cooked thinly sliced chopped
- 0.5 cup catsup
- 0.3 cup mustard prepared
- 2 tablespoons onions chopped
- 0.3 cup vinegar
- 0.3 cup water
- 1 tablespoon worcestershire sauce

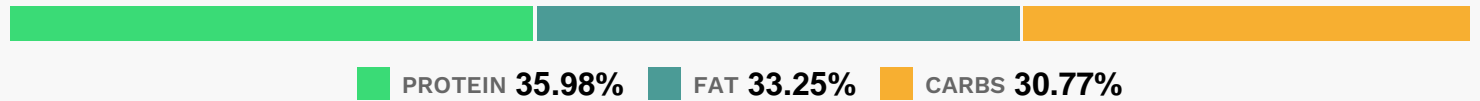
Equipment

- bowl
- frying pan

Directions

- In a skillet with a small amount of oil, fry onions until brown. In a bowl blend together ketchup, water, vinegar, mustard, brown sugar and Worcestershire sauce.
- Combine this mixture in skillet with onions and ham and simmer until hot, about 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:14.620869434398%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 251.1kcal (12.55%), Fat: 9.2g (14.16%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 18.32g (6.66%), Sugar: 15.98g (17.76%), Cholesterol: 82.78mg (27.59%), Sodium: 1812.06mg (78.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.81%), Vitamin B1: 0.64mg (42.6%), Selenium: 28.19µg (40.27%), Phosphorus: 360.73mg (36.07%), Vitamin C: 28.64mg (34.71%), Vitamin B12: 1.6µg (26.65%), Vitamin B3: 4.59mg (22.95%), Vitamin B2: 0.34mg (19.81%), Zinc: 2.7mg (18.01%), Vitamin B6: 0.36mg (17.91%), Potassium: 479.88mg (13.71%), Vitamin B5: 1.07mg (10.69%), Magnesium: 37.35mg (9.34%), Copper: 0.18mg (9.21%), Iron: 1.62mg (9%), Manganese: 0.17mg (8.44%), Calcium: 35.68mg (3.57%), Fiber: 0.84g (3.38%), Vitamin A: 168.41IU (3.37%), Vitamin E: 0.5mg (3.31%), Folate: 8.57µg (2.14%), Vitamin K: 1.2µg (1.14%)