



Christmas Ham Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

Ingredients

- 0.7 cup brown sugar dark
- 3 tablespoons dijon mustard
- 1 teaspoon ground cloves
- 6 ounce orange juice concentrate frozen thawed canned

Equipment

- bowl
- whisk

Directions

- Whisk beer, brown sugar, Dijon mustard, orange juice concentrate, and cloves in a bowl until sugar has dissolved.

Nutrition Facts



PROTEIN 2.88% **FAT 2.27%** **CARBS 94.85%**

Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:3.9139131178027%

Nutrients (% of daily need)

Calories: 105.25kcal (5.26%), Fat: 0.28g (0.42%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 25.93g (8.64%), Net Carbohydrates: 25.39g (9.23%), Sugar: 24.18g (26.87%), Cholesterol: 0mg (0%), Sodium: 69.19mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin C: 30.85mg (37.4%), Manganese: 0.2mg (9.79%), Potassium: 169.11mg (4.83%), Vitamin B1: 0.07mg (4.63%), Folate: 17.01µg (4.25%), Vitamin B6: 0.07mg (3.38%), Selenium: 2.24µg (3.19%), Magnesium: 12.44mg (3.11%), Calcium: 28.42mg (2.84%), Vitamin B2: 0.04mg (2.44%), Fiber: 0.54g (2.16%), Phosphorus: 20.04mg (2%), Iron: 0.32mg (1.77%), Vitamin A: 84.98IU (1.7%), Vitamin B5: 0.16mg (1.61%), Vitamin B3: 0.29mg (1.44%), Copper: 0.03mg (1.31%), Vitamin E: 0.17mg (1.13%)