



## Cranberry Jezebel Sauce with Sautéed Ham

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**173 kcal**

SAUCE

### Ingredients

- 1 teaspoon dijon mustard
- 3 ounce ham reduced-fat
- 1 tablespoon horseradish prepared
- 0.3 cup pineapple preserves
- 0.5 medium onion red thinly sliced
- 0.5 cup sugar
- 0.3 cup water hot
- 1 cup whole-berry cranberry sauce

## Equipment

- bowl
- frying pan
- grill
- grill pan

## Directions

- Place sugar in a heavy skillet over medium-high heat; cook 2 minutes, stirring until the sugar dissolves. Cook 1 minute or until golden brown (do not stir).
- Remove from heat; gently stir in water and onion.
- Place in a medium bowl; cool completely. Stir in cranberry sauce, preserves, horseradish, and mustard. Cover and chill.
- Heat a grill pan over medium-high heat.
- Add 4 ham slices; cook 3 minutes on each side or until grill marks form. Repeat procedure with remaining ham slices.
- Serve with cranberry Jezebel sauce.

## Nutrition Facts



## Properties

Glycemic Index:27.39, Glycemic Load:14.21, Inflammation Score:-1, Nutrition Score:1.9899999939877%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 173.02kcal (8.65%), Fat: 1.93g (2.96%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 36.49g (13.27%), Sugar: 30.93g (34.36%), Cholesterol: 6.59mg (2.2%), Sodium: 147.99mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Vitamin B1: 0.08mg (5.06%), Selenium: 3.21µg (4.59%), Vitamin C: 2.57mg (3.12%), Phosphorus: 30.09mg (3.01%), Fiber: 0.75g (2.99%), Vitamin B6: 0.06mg (2.91%), Vitamin B2: 0.05mg (2.75%), Vitamin B3: 0.53mg (2.67%), Vitamin E: 0.38mg (2.56%), Manganese: 0.04mg (2.12%), Zinc: 0.3mg (1.99%), Copper: 0.04mg (1.92%), Potassium: 66.95mg (1.91%), Iron: 0.34mg (1.91%), Magnesium: 4.85mg (1.21%), Folate: 4.65µg (1.16%), Vitamin B12: 0.07µg (1.13%)