

Cranberry-Pineapple Sauce for Ham

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

READY IN



10 min.

SERVINGS



4

CALORIES



219 kcal

SAUCE

Ingredients

- 8 oz pineapple crushed undrained canned
- 2 Tbsp grey poupon dijon mustard
- 16 oz berry cranberry sauce whole canned

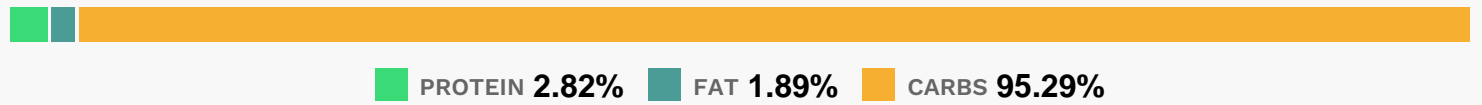
Equipment

- food processor
- sauce pan
- blender

Directions

- Place all ingredients in blender or food processor container; cover. Blend until smooth. Reserve 1 cup of the cranberry mixture to brush onto a ham during the last 30 minutes of baking time.
- Cook remaining 1-1/3 cups cranberry mixture in small saucepan on medium heat until heated through, stirring occasionally.
- Serve over sliced ham.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.1330434615197%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 218.9kcal (10.94%), Fat: 0.49g (0.75%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 52.73g (19.17%), Sugar: 44.25g (49.17%), Cholesterol: 0mg (0%), Sodium: 88.74mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Fiber: 2.31g (9.23%), Vitamin C: 6.49mg (7.87%), Vitamin E: 1.09mg (7.28%), Vitamin B1: 0.09mg (5.93%), Manganese: 0.1mg (4.97%), Copper: 0.1mg (4.79%), Selenium: 3.23µg (4.61%), Iron: 0.74mg (4.13%), Magnesium: 14.37mg (3.59%), Potassium: 113.31mg (3.24%), Vitamin B6: 0.06mg (3.18%), Vitamin B2: 0.04mg (2.39%), Vitamin K: 2.1µg (2%), Calcium: 17.2mg (1.72%), Phosphorus: 16.6mg (1.66%), Vitamin A: 81.3IU (1.63%), Vitamin B3: 0.32mg (1.58%), Folate: 4.49µg (1.12%)