



Doreen's Ham Slices on the Grill



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

Ingredients

- 1 cup brown sugar packed
- 2 slices ham
- 0.3 cup horseradish prepared
- 0.3 cup juice of lemon


Equipment

- bowl
- grill
- microwave

Directions

- Preheat an outdoor grill for high heat and lightly oil grate.
- In a small bowl, mix brown sugar, lemon juice and prepared horseradish.
- Heat the brown sugar mixture in the microwave on high heat 1 minute, or until warm.
- Score both sides of ham slices.
- Place on the prepared grill. Baste continuously with the brown sugar mixture while grilling. Grill 6 to 8 minutes per side, or to desired doneness.

Nutrition Facts

 PROTEIN **5.09%**  FAT **8.56%**  CARBS **86.35%**

Properties

Glycemic Index:8.75, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:3.4256521682862%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 255.98kcal (12.8%), Fat: 2.52g (3.88%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 57.27g (19.09%), Net Carbohydrates: 56.56g (20.57%), Sugar: 55.33g (61.48%), Cholesterol: 8.68mg (2.89%), Sodium: 265.73mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin C: 10.88mg (13.19%), Selenium: 4.41µg (6.3%), Vitamin B1: 0.09mg (5.96%), Calcium: 58.74mg (5.87%), Potassium: 178.1mg (5.09%), Vitamin B6: 0.1mg (4.87%), Phosphorus: 39.58mg (3.96%), Vitamin B3: 0.78mg (3.88%), Folate: 15.42µg (3.86%), Magnesium: 13.93mg (3.48%), Zinc: 0.51mg (3.43%), Iron: 0.61mg (3.38%), Manganese: 0.06mg (3.21%), Fiber: 0.71g (2.82%), Copper: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.24%), Vitamin B5: 0.18mg (1.75%), Vitamin B12: 0.09µg (1.49%)