



Easy Baked Ham Steaks



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



2

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons brown sugar
- 2 slices ham steak
- 1 cup water as needed
- 2 tablespoons worcestershire sauce

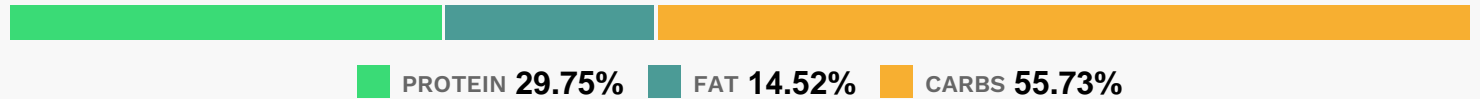
Equipment

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Mix water, brown sugar, Worcestershire sauce, and cloves in a baking dish. Arrange ham steaks in baking dish, coating with sugar mixture.
- Add more water as needed to cover ham.
- Bake in preheated oven until ham is tender, 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:7.5473913459674%

Nutrients (% of daily need)

Calories: 151.03kcal (7.55%), Fat: 2.42g (3.73%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 20.92g (7.61%), Sugar: 19.16g (21.29%), Cholesterol: 25.65mg (8.55%), Sodium: 955.28mg (41.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Vitamin B1: 0.47mg (31.19%), Vitamin C: 20.62mg (25%), Phosphorus: 159.12mg (15.91%), Vitamin B3: 3.03mg (15.17%), Selenium: 9.14µg (13.05%), Vitamin B6: 0.22mg (10.91%), Potassium: 345.19mg (9.86%), Iron: 1.6mg (8.88%), Vitamin B2: 0.14mg (8.01%), Zinc: 1.2mg (8.01%), Vitamin B12: 0.45µg (7.51%), Copper: 0.11mg (5.35%), Magnesium: 15.84mg (3.96%), Calcium: 38.96mg (3.9%), Vitamin B5: 0.38mg (3.77%), Manganese: 0.03mg (1.63%)