



Easy Blueberry-Chipotle Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



23 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons chipotles in adobo finely chopped (from 7-oz can)
- ☐ 2 tablespoons t brown sugar dark packed
- ☐ 0.3 cup blueberries

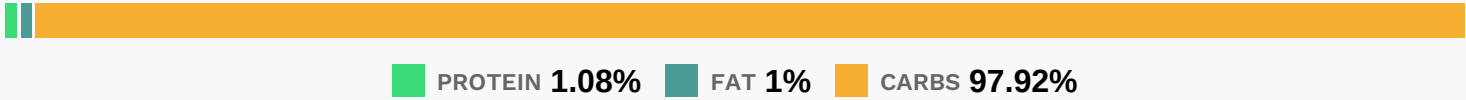
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In small bowl, mix all ingredients with whisk until well blended.
- ☐ Brush glaze over ham during last 45 minutes of baking.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:0.47130434765764%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Petunidin: 2.59mg, Petunidin: 2.59mg, Petunidin: 2.59mg, Petunidin: 2.59mg Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg Malvidin: 5.56mg, Malvidin: 5.56mg, Malvidin: 5.56mg, Malvidin: 5.56mg Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 23.22kcal (1.16%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.01%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 5.25g (1.91%), Sugar: 5.03g (5.59%), Cholesterol: 0mg (0%), Sodium: 1.25mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.13%), Fiber: 0.7g (2.79%), Vitamin K: 1.59µg (1.51%), Manganese: 0.03mg (1.51%)