



Easy Brown Sugar-Mustard Glaze



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon pineapple juice

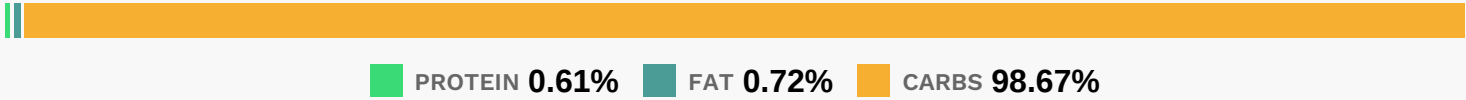
Equipment

- ☐ 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:21.71, Glycemic Load:4.67, Inflammation Score:0, Nutrition Score:0.59434782341123%

Nutrients (% of daily need)

Calories: 104.44kcal (5.22%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 26.96g (9.8%), Sugar: 26.69g (29.65%), Cholesterol: 0mg (0%), Sodium: 33.1mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Manganese: 0.04mg (2.16%), Calcium: 17.75mg (1.77%), Selenium: 1.16µg (1.65%), Iron: 0.22mg (1.23%), Potassium: 36.84mg (1.05%)