



Easy Brown Sugar-Mustard Glaze



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



7

CALORIES



90 kcal

SIDE DISH

Ingredients

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

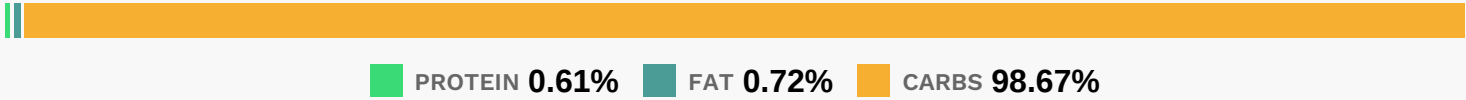
Equipment

- ☐ 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:18.61, Glycemic Load:4, Inflammation Score:0, Nutrition Score:0.50956521450501%

Nutrients (% of daily need)

Calories: 89.52kcal (4.48%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 23.11g (8.4%), Sugar: 22.88g (25.42%), Cholesterol: 0mg (0%), Sodium: 28.37mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Manganese: 0.04mg (1.85%), Calcium: 15.21mg (1.52%), Selenium: 0.99µg (1.42%), Iron: 0.19mg (1.06%)