



Easy Glazed Ham Steak

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



118 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons orange juice concentrate frozen
- 2 tablespoons brown sugar packed
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.8 lb ham smoked cooked (3/)

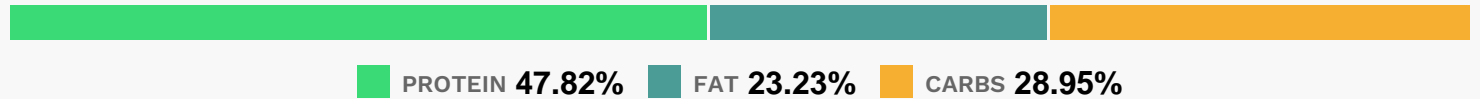
Equipment

- bowl
- frying pan

Directions

- In small bowl, mix orange juice concentrate, brown sugar, cinnamon and cloves.
- Heat 10-inch nonstick skillet over medium-high heat.
- Add ham; cook uncovered 4 minutes. Turn ham; brush with orange juice mixture. Cook uncovered 4 to 6 minutes longer or until thoroughly heated.
- Cut ham into pieces to serve.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.8339130204657%

Nutrients (% of daily need)

Calories: 118.27kcal (5.91%), Fat: 3.09g (4.75%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 8.54g (3.1%), Sugar: 8.1g (9%), Cholesterol: 40.82mg (13.61%), Sodium: 1034.87mg (44.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.62%), Phosphorus: 203.02mg (20.3%), Vitamin C: 10.72mg (13%), Copper: 0.21mg (10.59%), Zinc: 1.56mg (10.37%), Potassium: 283.32mg (8.09%), Magnesium: 29.69mg (7.42%), Iron: 1.19mg (6.58%), Manganese: 0.06mg (2.79%), Calcium: 17.32mg (1.73%), Folate: 5.77µg (1.44%), Vitamin B1: 0.02mg (1.36%), Vitamin B6: 0.02mg (1.1%)