



Easy Orange-Soy Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 orange juice
- ☐ 1 tablespoon soya sauce

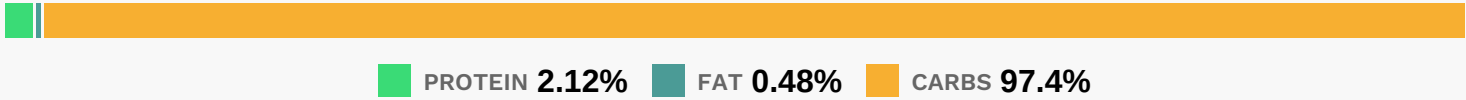
Equipment

- ☐ 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:16.5, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:0.70043478007226%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 74.22kcal (3.71%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 18.65g (6.78%), Sugar: 18.27g (20.3%), Cholesterol: 0mg (0%), Sodium: 181.93mg (7.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin C: 2.5mg (3.03%), Calcium: 16.89mg (1.69%), Manganese: 0.03mg (1.54%), Iron: 0.22mg (1.25%), Potassium: 41.99mg (1.2%)