



Easy Pineapple-Ginger Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

Ingredients

- 0.8 cup brown sugar packed
- 0.5 teaspoon ground ginger
- 0.5 cup 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

PROTEIN 0.4% **FAT 0.23%** **CARBS 99.37%**

Properties

Glycemic Index:7.67, Glycemic Load:1.15, Inflammation Score:-1, Nutrition Score:1.117391290791%

Nutrients (% of daily need)

Calories: 115.48kcal (5.77%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 29.57g (10.75%), Sugar: 28.64g (31.83%), Cholesterol: 0mg (0%), Sodium: 8.14mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Manganese: 0.17mg (8.61%), Calcium: 25.57mg (2.56%), Vitamin C: 1.97mg (2.39%), Potassium: 64.34mg (1.84%), Iron: 0.29mg (1.61%), Vitamin B6: 0.03mg (1.6%), Copper: 0.03mg (1.36%), Magnesium: 5.19mg (1.3%)