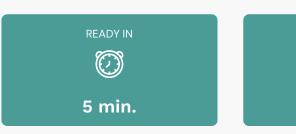


# **Easy Pineapple-Ginger Glaze**



Vegetarian





SIDE DISH

# **Ingredients**

		0.8 cup brown sugar	packed
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- 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: Omg (0%), Sodium: 8.14mg (0.35%), Alcohol: Og (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%)