



## Garlic Mustard Ham Slice

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 clove garlic pressed
- 2 pound center cut ham
- 1 cup milk
- 0.3 cup mustard prepared

### Equipment

- oven
- baking pan

## Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Place the slice of ham in a shallow baking dish.
- Mix together the mustard and garlic; spread over the ham.
- Pour in enough milk to cover the ham to about 1/2 inch from the top.
- Bake, uncovered for 1 hour, basting occasionally with the milk.
- Remove to a platter, slice, and serve.

## Nutrition Facts

**PROTEIN 35.13%** **FAT 62.03%** **CARBS 2.84%**

## Properties

Glycemic Index:16.67, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:16.221739092599%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 400.99kcal (20.05%), Fat: 27.13g (41.73%), Saturated Fat: 9.83g (61.46%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.19g (0.8%), Sugar: 2.16g (2.4%), Cholesterol: 98.62mg (32.87%), Sodium: 1962.42mg (85.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.57g (69.13%), Vitamin B1: 0.96mg (63.91%), Selenium: 39.87µg (56.96%), Phosphorus: 380.34mg (38.03%), Vitamin B3: 6.87mg (34.34%), Vitamin B6: 0.62mg (30.76%), Zinc: 3.77mg (25.13%), Vitamin B2: 0.4mg (23.53%), Vitamin B12: 1.19µg (19.79%), Potassium: 516.18mg (14.75%), Magnesium: 40.37mg (10.09%), Vitamin D: 1.51µg (10.04%), Vitamin B5: 0.89mg (8.87%), Iron: 1.54mg (8.58%), Calcium: 70.22mg (7.02%), Copper: 0.14mg (6.88%), Manganese: 0.09mg (4.44%), Vitamin E: 0.61mg (4.09%), Fiber: 0.61g (2.42%), Vitamin A: 75.75IU (1.51%), Folate: 5.52µg (1.38%)