



## Grilled Ham Steak with Mustard Sauce

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound ham steak
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- 1 tablespoon apricot preserves

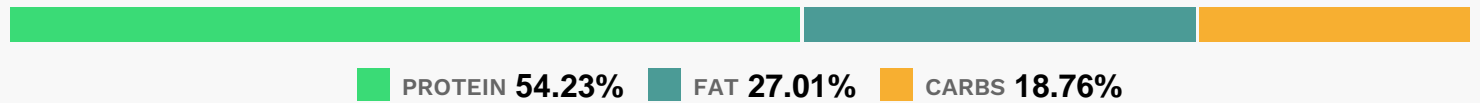
### Equipment

- grill

## Directions

- Cut outer edge of fat on ham diagonally at 1-inch intervals to prevent curling (do not cut into ham).
- Mix mustard, honey and preserves.
- Heat coals or gas grill for direct heat. Grill ham uncovered 4 to 6 inches from medium-high heat 4 minutes. Turn ham; brush with mustard mixture. Grill 4 minutes longer. Turn ham again; brush with remaining mustard mixture. Grill about 2 minutes longer or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:21.07, Glycemic Load:2.27, Inflammation Score:-2, Nutrition Score:13.026521723717%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 168.69kcal (8.43%), Fat: 4.96g (7.62%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.56g (2.75%), Sugar: 6.53g (7.26%), Cholesterol: 51.03mg (17.01%), Sodium: 1482.48mg (64.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.78%), Vitamin B1: 0.91mg (60.95%), Vitamin C: 37.11mg (44.98%), Phosphorus: 299.24mg (29.92%), Vitamin B3: 5.79mg (28.95%), Selenium: 18.99µg (27.13%), Vitamin B6: 0.42mg (21.22%), Zinc: 2.33mg (15.53%), Vitamin B12: 0.9µg (14.93%), Vitamin B2: 0.23mg (13.67%), Potassium: 380.75mg (10.88%), Vitamin B5: 0.72mg (7.19%), Iron: 1.24mg (6.89%), Magnesium: 23.65mg (5.91%), Copper: 0.1mg (5.02%), Manganese: 0.06mg (3.19%), Folate: 4.95µg (1.24%)