



## Grilled Ham Steak with Roasted Corn Relish

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup bull's-eye original barbecue sauce
- 0.3 tsp pepper red crushed
- 2 tsp grey poupon dijon mustard
- 2 Tbsp cilantro leaves fresh chopped
- 1.5 cups corn kernels fresh
- 1 lb ham steak
- 1 Tbsp juice of lime
- 0.5 cup onions chopped

- 1 plum tomatoes chopped
- 0.5 tsp sugar

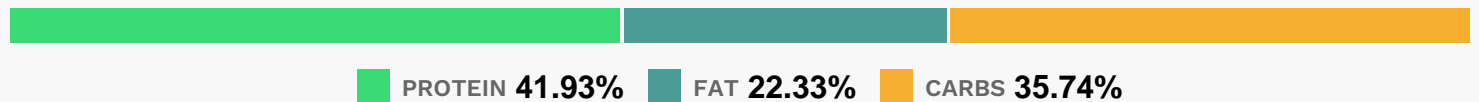
## Equipment

- frying pan
- grill

## Directions

- Cook and stir corn in skillet on medium-high heat 3 to 5 min. or until golden brown; cool slightly.
- Heat grill to medium-high heat.
- Combine corn, onions, tomatoes, cilantro and crushed pepper.
- Mix lime juice, mustard and sugar; stir into corn mixture.
- Place ham steak on grill; brush with barbecue sauce. Grill 7 to 9 min. or until heated through, turning after 5 min.
- Serve ham with the corn relish.

## Nutrition Facts



## Properties

Glycemic Index:5.69, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.9656521762195%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 26.46kcal (1.32%), Fat: 0.67g (1.02%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.28g (1.43%), Cholesterol: 5.83mg (1.94%), Sodium: 190.01mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Vitamin B1: 0.12mg (7.75%), Vitamin C: 5.17mg

(6.27%), Phosphorus: 41.15mg (4.11%), Vitamin B3: 0.8mg (3.99%), Selenium: 2.19µg (3.12%), Vitamin B6: 0.06mg (3.01%), Potassium: 72.5mg (2.07%), Zinc: 0.3mg (2.02%), Vitamin B2: 0.03mg (1.87%), Vitamin B12: 0.1µg (1.71%), Magnesium: 5.65mg (1.41%), Vitamin B5: 0.13mg (1.34%), Manganese: 0.02mg (1.2%), Iron: 0.19mg (1.07%)