



Grilled Ham Steaks

 Gluten Free  Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple jelly
- 1 tablespoon cider vinegar
- 1 Dash ground pepper red
- 1 pound ham steak boneless lean (1/)
- 2 tablespoons no-salt-added tomato sauce

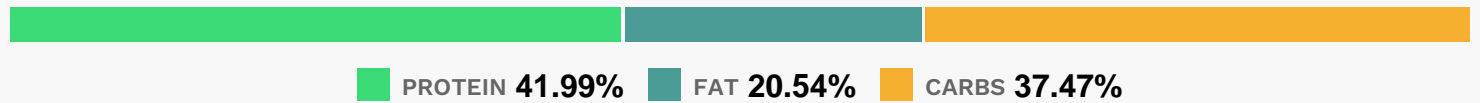
Equipment

- sauce pan
- grill

Directions

- Combine first 4 ingredients in a small saucepan; cook over medium heat until smooth, stirring often.
- Cut ham in half lengthwise. Slice each half horizontally into 2 (1/4-inch-thick) slices.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400). Baste ham with jelly mixture; place on grill. Grill, covered, 3 to 4 minutes on each side or until ham is thoroughly heated, basting with remaining jelly mixture.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:10.71, Inflammation Score:-3, Nutrition Score:13.531739223263%

Nutrients (% of daily need)

Calories: 219.78kcal (10.99%), Fat: 4.87g (7.49%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 19.54g (7.1%), Sugar: 14.03g (15.58%), Cholesterol: 51.03mg (17.01%), Sodium: 1483.83mg (64.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.76%), Vitamin B1: 0.91mg (60.91%), Vitamin C: 39.67mg (48.08%), Phosphorus: 302.62mg (30.26%), Vitamin B3: 5.85mg (29.24%), Selenium: 18.19µg (25.99%), Vitamin B6: 0.43mg (21.66%), Zinc: 2.33mg (15.51%), Vitamin B12: 0.9µg (14.93%), Vitamin B2: 0.25mg (14.91%), Potassium: 415.88mg (11.88%), Iron: 1.35mg (7.52%), Vitamin B5: 0.73mg (7.32%), Copper: 0.13mg (6.4%), Magnesium: 24.03mg (6.01%), Manganese: 0.07mg (3.56%), Folate: 8.35µg (2.09%), Fiber: 0.43g (1.72%), Calcium: 11.55mg (1.16%)