



Grilled Mango Ham Steak

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar packed
- 1 tablespoon butter
- 1 Dash ground cloves
- 1 cup mangos refrigerated sliced cut into desired thickness (from 1 lb 8-oz jar)
- 1.3 lb ham steak
- 1 lime cut into wedges

Equipment

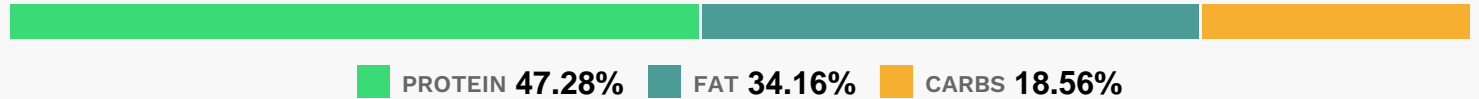
- sauce pan

grill

Directions

- Heat gas or charcoal grill. In 1-quart saucepan, cook brown sugar, butter, cloves and mango over medium heat about 5 minutes, stirring occasionally, until mango is hot.
- Remove from heat; cover to keep warm.
- Place ham on grill. Cover grill; cook over medium heat 8 to 10 minutes, turning once, until thoroughly heated.
- Spoon mango sauce over ham.
- Garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:3.27, Inflammation Score:-6, Nutrition Score:19.257391204005%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 239.96kcal (12%), Fat: 9.06g (13.95%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 9.87g (3.59%), Sugar: 8.85g (9.83%), Cholesterol: 63.79mg (21.26%), Sodium: 1834.06mg (79.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.23g (56.46%), Vitamin C: 65.68mg (79.61%), Vitamin B1: 1.15mg (76.75%), Phosphorus: 378.52mg (37.85%), Vitamin B3: 7.52mg (37.59%), Selenium: 22.34µg (31.91%), Vitamin B6: 0.58mg (29.16%), Zinc: 2.93mg (19.5%), Vitamin B12: 1.12µg (18.72%), Vitamin B2: 0.3mg (17.9%), Potassium: 555.07mg (15.86%), Vitamin A: 580.29IU (11.61%), Manganese: 0.23mg (11.6%), Vitamin B5: 1mg (10.05%), Iron: 1.63mg (9.08%), Copper: 0.17mg (8.62%), Magnesium: 33.08mg (8.27%), Folate: 24.87µg (6.22%), Fiber: 1.21g (4.86%), Vitamin E: 0.54mg (3.59%), Calcium: 20.85mg (2.09%), Vitamin K: 2.19µg (2.08%)