



## Grilled Maple-Mustard Ham Steak

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup maple syrup
- 1 tablespoon mustard yellow
- 2 tablespoons spring onion sliced
- 1.3 lb ham steak

### Equipment

- bowl
- grill
- microwave

## Directions

- Heat gas or charcoal grill. In small bowl, mix syrup, mustard and onions. Reserve 3 tablespoons syrup mixture in separate small microwavable bowl.
- Brush remaining mixture on ham.
- Place ham on grill. Cover grill; cook over medium heat 8 to 10 minutes, turning once, until browned. Microwave reserved syrup mixture uncovered on High 20 to 30 seconds or until hot.
- Place ham on serving platter; pour syrup mixture over ham.

## Nutrition Facts



## Properties

Glycemic Index:25.13, Glycemic Load:6.66, Inflammation Score:-3, Nutrition Score:19.07913029777%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 248.63kcal (12.43%), Fat: 6.16g (9.47%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 18.26g (6.64%), Sugar: 16.2g (18%), Cholesterol: 63.79mg (21.26%), Sodium: 1842.92mg (80.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.94g (55.88%), Vitamin B1: 1.16mg (77.36%), Vitamin C: 46.36mg (56.2%), Phosphorus: 373.7mg (37.37%), Vitamin B2: 0.63mg (37.01%), Vitamin B3: 7.26mg (36.3%), Manganese: 0.69mg (34.5%), Selenium: 23.26µg (33.23%), Vitamin B6: 0.53mg (26.44%), Zinc: 3.09mg (20.58%), Vitamin B12: 1.12µg (18.66%), Potassium: 534.96mg (15.28%), Vitamin B5: 0.89mg (8.92%), Magnesium: 34.97mg (8.74%), Iron: 1.55mg (8.62%), Vitamin K: 6.27µg (5.97%), Copper: 0.12mg (5.93%), Calcium: 39.44mg (3.94%), Folate: 7.85µg (1.96%)