



## Ham and Peach Kebabs with Marmalade-Mustard Glaze

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 teaspoons dijon mustard
- ☐ 8 ounce ham steak cut into 1-inch pieces (1/)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup orange marmalade
- ☐ 2 medium peaches pitted peeled cut into 1 1/2-inch chunks
- ☐ 2 tablespoons vegetable oil

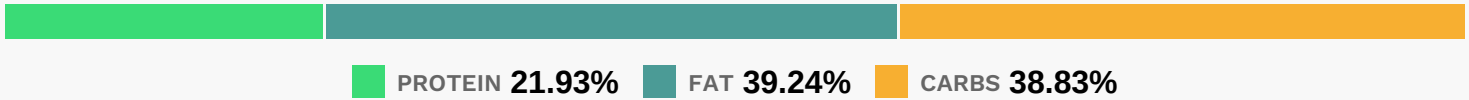
### Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ metal skewers

## Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk marmalade, oil, mustard and lemon juice in small bowl to blend. Alternate ham pieces and peach chunks on 4 metal skewers.
- ☐ Brush with marmalade glaze.
- ☐ Sprinkle with pepper. Grill until ham is slightly charred and fruit is softened, turning and brushing often with glaze, about 6 minutes.
- ☐ ·Slaw may be made 1 day ahead and chilled, covered.

## Nutrition Facts



## Properties

Glycemic Index:36.13, Glycemic Load:5.22, Inflammation Score:-6, Nutrition Score:19.253913091577%

## Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 427.72kcal (21.39%), Fat: 19.18g (29.51%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 39.74g (14.45%), Sugar: 36.92g (41.02%), Cholesterol: 51.03mg (17.01%), Sodium: 1591mg (69.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.12g (48.23%), Vitamin B1: 0.97mg (64.39%), Vitamin C: 47.64mg (57.75%), Vitamin B3: 7.05mg (35.27%), Selenium: 24.37µg (34.82%), Phosphorus: 340.84mg (34.08%),

Vitamin K: 29.66µg (28.25%), Vitamin B6: 0.47mg (23.75%), Zinc: 2.72mg (18.13%), Vitamin B2: 0.29mg (17.12%), Potassium: 589.07mg (16.83%), Vitamin E: 2.28mg (15.18%), Vitamin B12: 0.9µg (14.93%), Copper: 0.25mg (12.62%), Fiber: 2.98g (11.93%), Vitamin A: 521.35IU (10.43%), Iron: 1.87mg (10.4%), Magnesium: 39.6mg (9.9%), Vitamin B5: 0.98mg (9.78%), Manganese: 0.18mg (9.2%), Folate: 19.34µg (4.83%), Calcium: 32.49mg (3.25%)