



Ham and Pineapple Kabobs



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 0.8 pound ham cooked cut into 1 inch cubes
- ☐ 1 teaspoon mustard prepared
- ☐ 15 ounce pineapple chunks drained canned
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons distilled vinegar white

Equipment

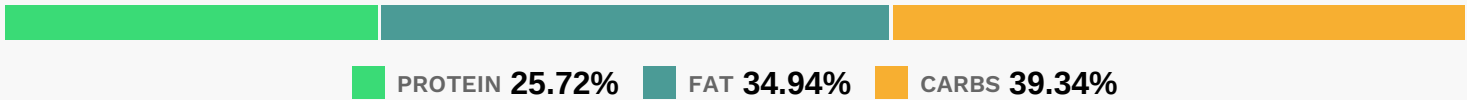
- ☐ bowl

- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill for high heat.
- ☐ In a medium bowl, mix together brown sugar, vinegar, vegetable oil, and mustard. Thread ham and pineapple chunks alternately onto skewers.
- ☐ Lightly oil grill grate.
- ☐ Place skewers on the prepared grill, and brush liberally with the brown sugar mixture. Cook for 6 to 8 minutes, turning frequently and basting often.
- ☐ Serve when heated through and richly glazed.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:11.786521678386%

Nutrients (% of daily need)

Calories: 256.97kcal (12.85%), Fat: 10.04g (15.45%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 24g (8.73%), Sugar: 23.91g (26.57%), Cholesterol: 62.09mg (20.7%), Sodium: 999.8mg (43.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.26%), Vitamin B1: 0.56mg (37.44%), Vitamin C: 29.81mg (36.14%), Phosphorus: 257.81mg (25.78%), Selenium: 17.84µg (25.48%), Vitamin B12: 1.2µg (19.99%), Vitamin B3: 3.34mg (16.7%), Vitamin B6: 0.3mg (15.1%), Zinc: 2.01mg (13.43%), Vitamin B2: 0.23mg (13.27%), Potassium: 384.82mg (10.99%), Copper: 0.22mg (10.82%), Magnesium: 35.3mg (8.82%), Vitamin B5: 0.76mg (7.58%), Vitamin K: 7.02µg (6.68%), Iron: 1.11mg (6.15%), Fiber: 1.44g (5.74%), Calcium: 30.85mg (3.09%), Manganese: 0.06mg (2.77%), Vitamin E: 0.3mg (2.03%), Folate: 8.04µg (2.01%), Vitamin A: 54.04IU (1.08%)