



WHATSheATE



Ham and Pineapple Spears



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tablespoons balsamic vinegar



1 pound baked ham black thinly sliced such as Forest



2 tablespoons olive oil



1 pineapple peeled cut into 20 long spears

Equipment



frying pan

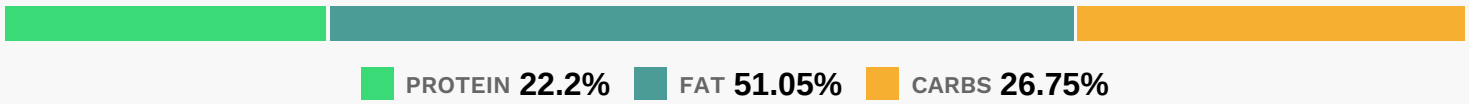


aluminum foil

Directions

- ☐ Fold each slice of ham in half and wrap it around the center of a pineapple spear.
- ☐ Heat 1 tablespoon of the oil in a large nonstick skillet over medium heat.
- ☐ Place 10 of the wrapped pineapple spears in the pan. Sear on each side until golden, about 2 minutes.
- ☐ Drizzle 1 tablespoon of the vinegar over the pineapple spears and cook until the vinegar bubbles up and thickens slightly, about 1 minute.
- ☐ Transfer to a plate and cover with foil while repeating the cooking instructions with the remaining ingredients.
- ☐ Serve with the celery stalks, if desired.Tip: If you're serving the spears as passed cocktail food, wrap them in advance and refrigerate until needed, for up to 6 hours. Cook just before serving.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:16.21, Inflammation Score:-6, Nutrition Score:24.046086829642%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 457.6kcal (22.88%), Fat: 26.29g (40.44%), Saturated Fat: 7.77g (48.55%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 27.83g (10.12%), Sugar: 23.48g (26.09%), Cholesterol: 70.31mg (23.44%), Sodium: 1350.28mg (58.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.44%), Vitamin C: 108.15mg (131.09%), Manganese: 2.12mg (106.18%), Vitamin B1: 0.86mg (57.35%), Selenium: 25.97µg (37.1%), Vitamin B6: 0.68mg (34.22%), Vitamin B3: 6.19mg (30.95%), Phosphorus: 262.29mg (26.23%), Zinc: 2.91mg (19.39%), Vitamin B2: 0.32mg (19%), Copper: 0.35mg (17.25%), Potassium: 579.96mg (16.57%), Fiber: 3.17g (12.67%), Magnesium: 49.66mg (12.41%), Vitamin B12: 0.73µg (12.1%), Folate: 44.13µg (11.03%), Vitamin B5: 1mg (10%), Vitamin E: 1.46mg (9.74%), Iron: 1.74mg (9.66%), Vitamin K: 5.8µg (5.52%), Vitamin D: 0.79µg (5.29%), Calcium: 39.58mg (3.96%), Vitamin A: 131.23IU (2.62%)