



Ham Glaze with Mustard and Pineapple

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

Ingredients

- 1 cup firmly brown sugar packed
- 0.3 cup flour all-purpose
- 1 tablespoon mustard prepared
- 0.5 cup pineapple juice

Equipment

- bowl

Directions

Mix brown sugar, mustard, pineapple juice, and flour together in a bowl until smooth.

Nutrition Facts

PROTEIN 1.74% **FAT 0.82%** **CARBS 97.44%**

Properties

Glycemic Index:25.5, Glycemic Load:4.03, Inflammation Score:-1, Nutrition Score:1.9795652302387%

Nutrients (% of daily need)

Calories: 170.24kcal (8.51%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 42.61g (14.2%), Net Carbohydrates: 42.32g (15.39%), Sugar: 37.58g (41.75%), Cholesterol: 0mg (0%), Sodium: 38.26mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Manganese: 0.17mg (8.43%), Selenium: 3.08µg (4.39%), Vitamin B1: 0.06mg (3.8%), Calcium: 35.35mg (3.53%), Folate: 13.61µg (3.4%), Iron: 0.6mg (3.35%), Vitamin C: 1.98mg (2.4%), Potassium: 83.66mg (2.39%), Copper: 0.04mg (2.01%), Magnesium: 8.01mg (2%), Vitamin B3: 0.4mg (2%), Vitamin B6: 0.04mg (1.94%), Vitamin B2: 0.03mg (1.85%), Fiber: 0.29g (1.15%), Phosphorus: 11.36mg (1.14%)