



Ham Slices with Pineapple

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8.3 ounces pineapple rings sliced canned
- 6 ounces finely-chopped ham fully cooked
- 1 tablespoon butter
- 1.5 teaspoons cornstarch
- 0.8 teaspoon ground mustard
- 3 tablespoons apple juice

Equipment

- frying pan

whisk

Directions

Drain pineapple, reserving juice.

Add enough water to juice to measure 1/2 cup; set aside. In a large nonstick skillet, lightly brown pineapple and ham.

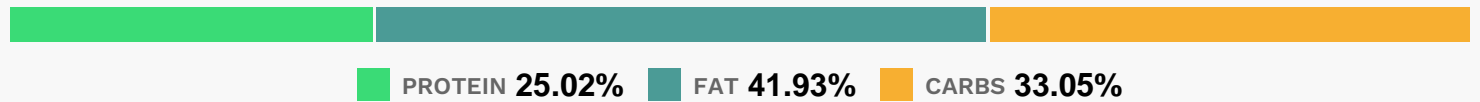
Remove and keep warm.

In the same skillet, melt butter.

Whisk in cornstarch and mustard until smooth. Stir in sherry or apple juice and reserved pineapple juice. Bring to a boil; cook and stir for 2 minutes or until thickened.

Serve with ham and pineapple.

Nutrition Facts



Properties

Glycemic Index:45.38, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:12.23000023676%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 266.95kcal (13.35%), Fat: 12.59g (19.37%), Saturated Fat: 5.07g (31.71%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 20.65g (7.51%), Sugar: 18.9g (21%), Cholesterol: 77.14mg (25.71%), Sodium: 1029.62mg (44.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.8%), Vitamin B1: 0.58mg (38.74%), Vitamin C: 31.06mg (37.65%), Selenium: 19µg (27.15%), Phosphorus: 266.19mg (26.62%), Vitamin B12: 1.21µg (20.18%), Vitamin B3: 3.41mg (17.04%), Vitamin B6: 0.31mg (15.63%), Vitamin B2: 0.24mg (13.83%), Zinc: 2.07mg (13.81%), Potassium: 413.98mg (11.83%), Copper: 0.23mg (11.52%), Magnesium: 39.49mg (9.87%), Vitamin B5: 0.77mg (7.67%), Fiber: 1.67g (6.68%), Iron: 1.15mg (6.42%), Vitamin A: 233.86IU (4.68%), Manganese: 0.08mg (3.79%), Calcium: 29.32mg (2.93%), Folate: 9.82µg (2.46%), Vitamin E: 0.23mg (1.51%), Vitamin K: 1.35µg (1.28%)