



Ham Steak over Greens with Apple-Cider Sauce

 Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups apple cider divided
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter divided
- ☐ 3 garlic cloves minced
- ☐ 1 pound ham steak lean trimmed
- ☐ 16 ounce mustard greens divided chopped (such as Glory)
- ☐ 0.5 cup onion chopped

☐ 0.5 teaspoon salt

Equipment

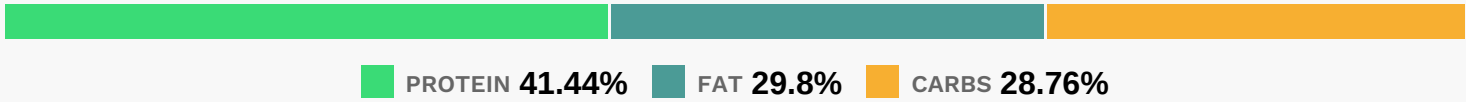
☐ frying pan

☐ sauce pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat; add ham steak. Cook 3 minutes on each side or until browned.
- ☐ Remove from pan, and keep warm.
- ☐ Melt 1 tablespoon butter in pan over medium-high heat.
- ☐ Add onion and garlic; saut 3 minutes.
- ☐ Add half of mustard greens; cover and cook 2 minutes or until slightly wilted.
- ☐ Add remaining greens and 1/2 cup cider. Cover and cook 15 minutes, stirring occasionally. Stir in salt and pepper.
- ☐ While greens cook, bring remaining 1 cup cider to a boil in a small saucepan. Cook 10 minutes or until reduced to 1/4 cup.
- ☐ Remove from heat, and stir in remaining 1 teaspoon butter.
- ☐ Divide wilted greens evenly among 4 plates.
- ☐ Cut ham steak into 4 pieces, and place over greens.
- ☐ Drizzle cider sauce over ham and greens.

Nutrition Facts



Properties

Glycemic Index:52.94, Glycemic Load:5.17, Inflammation Score:-10, Nutrition Score:29.416956134464%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin:

4.17mg Isorhamnetin: 19.37mg, Isorhamnetin: 19.37mg, Isorhamnetin: 19.37mg, Isorhamnetin: 19.37mg Kaempferol: 43.57mg, Kaempferol: 43.57mg, Kaempferol: 43.57mg, Kaempferol: 43.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.59mg, Quercetin: 14.59mg, Quercetin: 14.59mg, Quercetin: 14.59mg

Nutrients (% of daily need)

Calories: 246.43kcal (12.32%), Fat: 8.28g (12.75%), Saturated Fat: 3.47g (21.72%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 13.77g (5.01%), Sugar: 10.88g (12.09%), Cholesterol: 58.55mg (19.52%), Sodium: 1779.64mg (77.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.84%), Vitamin K: 293.13µg (279.18%), Vitamin C: 118.98mg (144.22%), Vitamin A: 3518.79IU (70.38%), Vitamin B1: 1.03mg (68.7%), Phosphorus: 377.08mg (37.71%), Vitamin B6: 0.69mg (34.6%), Vitamin B3: 6.77mg (33.87%), Selenium: 19.15µg (27.35%), Potassium: 934.16mg (26.69%), Vitamin B2: 0.38mg (22.11%), Iron: 3.2mg (17.75%), Zinc: 2.66mg (17.72%), Fiber: 4.22g (16.9%), Magnesium: 65.11mg (16.28%), Vitamin E: 2.38mg (15.84%), Copper: 0.3mg (15.24%), Calcium: 152.27mg (15.23%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.03mg (10.28%), Manganese: 0.19mg (9.38%), Folate: 22.14µg (5.53%)