



Ham Steak with Apple Barbecue Sauce

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ham steak fully cooked trimmed of fat (1/)
- 0.3 cup barbecue sauce
- 2 tablespoons apple jelly
- 0.3 teaspoon ginger

Equipment

- bowl
- frying pan

Directions

- Spray large nonstick skillet with nonstick cooking spray.
- Heat over medium-high heat until hot.
- Add ham; cook until lightly browned on both sides.
- Drain and discard pan drippings.
- In small bowl, combine barbecue sauce, jelly and ginger; mix well. Spoon mixture over ham; turn to coat. Reduce heat to medium-low; cover and cook 3 to 5 minutes or until ham is glazed and thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:3.73, Inflammation Score:-3, Nutrition Score:13.299565263416%

Nutrients (% of daily need)

Calories: 196.99kcal (9.85%), Fat: 4.94g (7.6%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 13.93g (5.07%), Sugar: 10.79g (11.99%), Cholesterol: 51.03mg (17.01%), Sodium: 1626.35mg (70.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.37g (44.73%), Vitamin B1: 0.91mg (60.86%), Vitamin C: 37.62mg (45.6%), Phosphorus: 300.35mg (30.04%), Vitamin B3: 5.87mg (29.36%), Selenium: 18.01µg (25.73%), Vitamin B6: 0.44mg (21.76%), Zinc: 2.33mg (15.52%), Vitamin B12: 0.9µg (14.93%), Vitamin B2: 0.24mg (14.38%), Potassium: 418.23mg (11.95%), Vitamin B5: 0.73mg (7.35%), Iron: 1.3mg (7.21%), Magnesium: 24.32mg (6.08%), Copper: 0.11mg (5.69%), Manganese: 0.07mg (3.44%), Folate: 6.01µg (1.5%), Calcium: 12.45mg (1.25%), Fiber: 0.27g (1.09%), Vitamin E: 0.16mg (1.04%)