



Ham Steak with Apple Glaze

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple jelly
- 2 tablespoons chives fresh chopped
- 2 teaspoons mustard prepared
- 0.5 teaspoon ground mustard dry
- 0.1 teaspoon ginger
- 1 lb ham steak fully cooked (1/)

Equipment

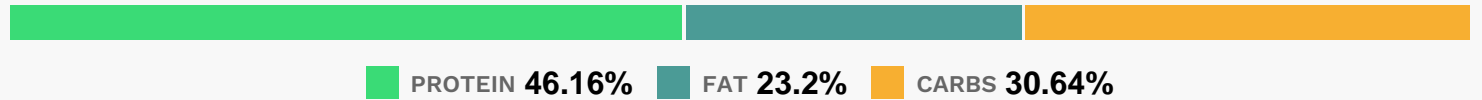
- sauce pan

grill

Directions

- Heat grill. In small saucepan, combine all ingredients except ham steak. Cook over low heat until jelly is melted, stirring occasionally.
- When ready to grill, oil grill rack.
- Place ham steak on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals.
- Brush with jelly mixture. Cook 8 to 10 minutes or until thoroughly heated, turning and brushing once with jelly mixture.
- Serve with remaining jelly mixture.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:7.95, Inflammation Score:-3, Nutrition Score:13.663913046536%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 200.72kcal (10.04%), Fat: 5.02g (7.72%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 14.51g (5.28%), Sugar: 10.39g (11.54%), Cholesterol: 51.03mg (17.01%), Sodium: 1473.41mg (64.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.96%), Vitamin B1: 0.92mg (61.23%), Vitamin C: 39.4mg (47.76%), Phosphorus: 304.53mg (30.45%), Vitamin B3: 5.8mg (29.02%), Selenium: 19.39µg (27.69%), Vitamin B6: 0.43mg (21.44%), Zinc: 2.34mg (15.62%), Vitamin B12: 0.9µg (14.93%), Vitamin B2: 0.25mg (14.53%), Potassium: 395.2mg (11.29%), Iron: 1.33mg (7.36%), Vitamin B5: 0.72mg (7.22%), Magnesium: 25.18mg (6.29%), Copper: 0.12mg (5.9%), Manganese: 0.07mg (3.64%), Vitamin K: 3.25µg (3.09%), Folate: 9.04µg (2.26%), Fiber: 0.41g (1.64%), Vitamin A: 67.15IU (1.34%), Calcium: 12.42mg (1.24%)