



Ham Steak with Barbecued Baked Beans

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon vegetable oil
- 1 lb ham steak
- 0.5 cup bell pepper green chopped
- 0.3 cup onion chopped
- 16 oz baked beans canned
- 0.3 cup barbecue sauce

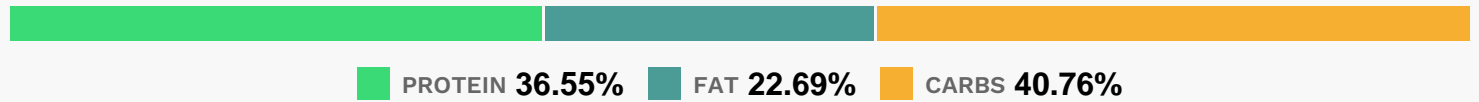
Equipment

- frying pan

Directions

- In 12-inch nonstick skillet, heat oil over medium heat. Cook ham steak in oil 6 to 8 minutes, turning once, until browned and hot.
- Remove steak to deep serving platter; cover to keep warm.
- In same skillet, cook bell pepper and onion over medium heat 2 to 4 minutes, stirring frequently, until crisp-tender. Stir in beans and barbecue sauce.
- Heat until bubbly.
- Pour beans over ham.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:7.27, Inflammation Score:-6, Nutrition Score:21.396086951961%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 306.96kcal (15.35%), Fat: 7.86g (12.09%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 24.88g (9.05%), Sugar: 6.81g (7.56%), Cholesterol: 58.97mg (19.66%), Sodium: 2093.56mg (91.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.48g (56.97%), Vitamin C: 54.72mg (66.32%), Vitamin B1: 0.99mg (65.77%), Phosphorus: 427.51mg (42.75%), Selenium: 23.19µg (33.13%), Vitamin B3: 6.48mg (32.38%), Vitamin B6: 0.56mg (27.96%), Fiber: 6.88g (27.54%), Zinc: 4.02mg (26.79%), Manganese: 0.51mg (25.47%), Potassium: 807.61mg (23.07%), Copper: 0.36mg (18.18%), Iron: 3.26mg (18.11%), Vitamin B2: 0.29mg (16.93%), Magnesium: 65.29mg (16.32%), Vitamin B12: 0.9µg (14.93%), Folate: 49.48µg (12.37%), Vitamin B5: 0.88mg (8.77%), Calcium: 74.7mg (7.47%), Vitamin K: 3.81µg (3.63%), Vitamin A: 109.15IU (2.18%), Vitamin E: 0.31mg (2.04%)