



Ham Steak with Chipotle-Mustard Sauce



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



5

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chipotle pepper in adobo sauce split seeds removed, pepper finely chopped
- ☐ 2 teaspoons cider vinegar
- ☐ 0.5 cup dijon mustard
- ☐ 1.3 lb ham steak bone-in fully cooked
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 5 servings salt and pepper

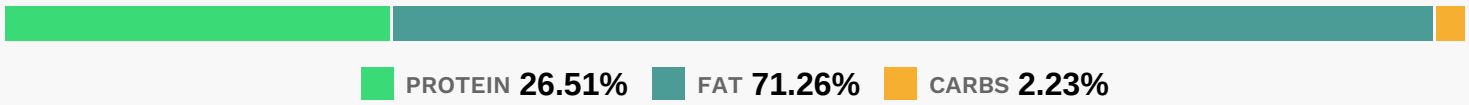
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife

Directions

- ☐ Using a sharp paring knife, score ham on one side to prevent curling. Pat dry with paper towels.
- ☐ In a skillet large enough to hold ham flat, warm oil over medium-high heat.
- ☐ Add ham and cook until lightly browned and heated through, 3 to 4 minutes per side.
- ☐ Combine mustard, mayonnaise, chipotle and vinegar in a small bowl.
- ☐ Mix well. Season with salt and pepper.
- ☐ Serve ham warm with sauce on the side.

Nutrition Facts



Properties

Glycemic Index:24.4, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:16.853478258071%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 357.78kcal (17.89%), Fat: 28.02g (43.1%), Saturated Fat: 5.09g (31.81%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.69g (0.77%), Cholesterol: 60.44mg (20.15%), Sodium: 2049.19mg (89.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.45g (46.91%), Vitamin B1: 0.96mg (63.77%), Vitamin C: 36.73mg (44.52%), Vitamin K: 40.26µg (38.34%), Selenium: 26.56µg (37.94%), Phosphorus: 326.59mg (32.66%), Vitamin B3: 5.9mg (29.5%), Vitamin B6: 0.44mg (21.93%), Zinc: 2.48mg (16.57%), Vitamin B12: 0.92µg (15.38%), Vitamin B2: 0.25mg (14.56%), Potassium: 411.93mg (11.77%), Vitamin E: 1.63mg (10.86%), Iron: 1.69mg (9.37%), Magnesium: 33.83mg (8.46%), Vitamin B5: 0.82mg (8.16%), Manganese: 0.15mg (7.64%), Copper: 0.11mg (5.69%), Fiber: 1.37g (5.48%), Calcium: 22.33mg (2.23%), Folate: 7.4µg (1.85%)