



Ham Steak With Pineapple Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon cider vinegar
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.8 pound lower-salt ham steak reduced-fat
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 15.3 ounce pineapple tidbits in juice undrained canned

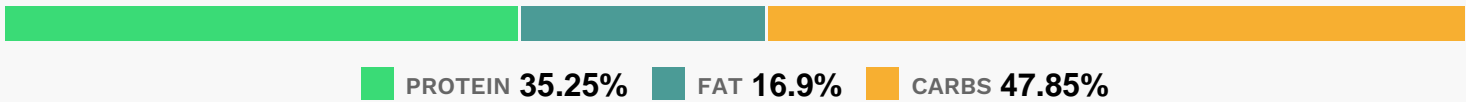
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Drain pineapple, reserving juice.
- ☐ Combine pineapple, 2 tablespoons pineapple juice, green onions, and next 4 ingredients in a bowl; stir well.
- ☐ Prepare grill.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place ham steak on rack, and grill, uncovered, about 4 minutes on each side, basting often with remaining pineapple juice.
- ☐ Serve ham steak with pineapple salsa.
- ☐ Note: The American Heart Association says it's okay to have up to 2,400 milligrams of sodium per day (unless your doctor has put you on a strict low-sodium diet). If you eat three meals a day, that works out to about 800 milligrams of sodium per meal. So you can have a serving of Ham Steak with Pineapple Salsa (563 milligrams sodium) and stay within the guidelines--just be sure to watch the sodium content of other foods you eat during the day.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:13.51608699301%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 198.52kcal (9.93%), Fat: 3.76g (5.79%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 22.32g (8.11%), Sugar: 21.47g (23.85%), Cholesterol: 38.27mg (12.76%), Sodium: 1173.8mg (51.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.34%), Vitamin B1: 0.8mg (53.28%), Vitamin C: 39.67mg (48.08%), Phosphorus: 238.76mg (23.88%), Vitamin B3: 4.72mg (23.58%), Vitamin B6: 0.43mg (21.29%),

Selenium: 13.97µg (19.95%), Vitamin K: 18.03µg (17.17%), Potassium: 458.96mg (13.11%), Zinc: 1.9mg (12.66%), Vitamin B2: 0.21mg (12.18%), Vitamin B12: 0.67µg (11.2%), Copper: 0.2mg (9.97%), Magnesium: 36.87mg (9.22%), Iron: 1.39mg (7.7%), Fiber: 1.67g (6.68%), Vitamin B5: 0.56mg (5.58%), Manganese: 0.09mg (4.68%), Folate: 15.34µg (3.84%), Calcium: 35.4mg (3.54%), Vitamin A: 137.26IU (2.75%)