



Ham Steaks with Chutney

 Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple juice
- 2 tablespoons cider vinegar
- 7 ounce fruit mixed dried coarsely chopped
- 0.5 teaspoon ground ginger
- 1 pound ham steak lean trimmed (1/)
- 2 tablespoons brown sugar light
- 1 teaspoon olive oil
- 0.5 cup onion finely chopped

0.8 cup pears peeled chopped (1)

Equipment

frying pan

Directions

Heat oil in a medium nonstick skillet over medium-high heat.

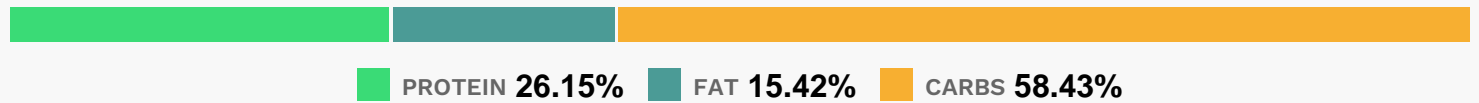
Add onion; saut 3 minutes or until soft.

Add pear nectar and next 5 ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes or until most of liquid evaporates.

. While chutney cooks, heat a large nonstick skillet over medium-high heat.

Add ham; cook 4 minutes on each side or until ham is thoroughly heated and well browned. Divide ham into 4 equal portions; serve with fruit chutney.

Nutrition Facts



Properties

Glycemic Index:33.69, Glycemic Load:10.1, Inflammation Score:-5, Nutrition Score:18.923043449288%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 358.64kcal (17.93%), Fat: 6.36g (9.78%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 54.17g (18.06%), Net Carbohydrates: 47.62g (17.32%), Sugar: 42.91g (47.68%), Cholesterol: 51.03mg (17.01%), Sodium: 1449.73mg (63.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.49%), Vitamin B1: 0.96mg (64.24%),

Vitamin C: 40.69mg (49.32%), Phosphorus: 340.63mg (34.06%), Vitamin B3: 6.25mg (31.25%), Fiber: 6.55g (26.19%), Selenium: 18.22µg (26.03%), Vitamin B6: 0.52mg (25.88%), Manganese: 0.46mg (22.99%), Potassium: 795.01mg (22.71%), Zinc: 2.74mg (18.27%), Vitamin B2: 0.29mg (17.02%), Magnesium: 62.72mg (15.68%), Copper: 0.31mg (15.61%), Vitamin B12: 0.9µg (14.93%), Iron: 2.51mg (13.96%), Vitamin K: 10.88µg (10.36%), Calcium: 101.15mg (10.11%), Vitamin B5: 0.98mg (9.81%), Folate: 15.63µg (3.91%), Vitamin E: 0.39mg (2.63%)