

Ham with Apricots

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounces apricots canned
- 0.3 cup brown sugar packed
- 2 tablespoons cornstarch
- 0.3 teaspoon nutmeg
- 1.5 pounds ham
- 2 tablespoons vinegar

Equipment

- bowl

microwave

Directions

Drain apricots, reserving 1 cup syrup; set aside.

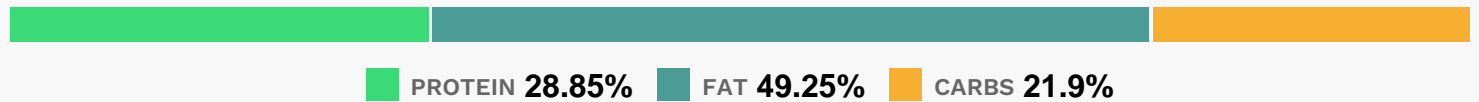
Cut apricots in half; set aside. Score edges of ham; place in a shallow 2-qt. microwave-safe dish.

In a small bowl, combine brown sugar, cornstarch and nutmeg; stir in vinegar and reserved syrup until smooth.

Pour over ham. Cover and microwave at 70% power for 3-1/2 minutes. Turn ham; arrange apricots on top. Cover and microwave at 70% power for 6-8 minutes or until the sauce is thickened.

Let stand for 2 minutes.

Nutrition Facts



Properties

Glycemic Index:26.94, Glycemic Load:2.7, Inflammation Score:-7, Nutrition Score:13.833043419796%

Flavonoids

Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 355.97kcal (17.8%), Fat: 19.32g (29.73%), Saturated Fat: 6.82g (42.64%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 17.88g (6.5%), Sugar: 15.47g (17.18%), Cholesterol: 70.31mg (23.44%), Sodium: 1349.67mg (58.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.95%), Vitamin B1: 0.7mg (46.87%), Selenium: 26.02µg (37.18%), Vitamin B3: 5.5mg (27.48%), Vitamin A: 1365.11IU (27.3%), Phosphorus: 260.08mg (26.01%), Vitamin B6: 0.47mg (23.65%), Zinc: 2.78mg (18.53%), Vitamin B2: 0.28mg (16.41%), Potassium: 520.55mg (14.87%), Vitamin B12: 0.73µg (12.1%), Vitamin C: 7.09mg (8.59%), Copper: 0.16mg (7.81%), Iron: 1.34mg (7.47%), Magnesium: 29.74mg (7.44%), Vitamin B5: 0.7mg (7%), Vitamin E: 1.04mg (6.93%), Fiber: 1.46g (5.84%), Vitamin D: 0.79µg (5.29%), Manganese: 0.08mg (4.15%), Calcium: 25.29mg (2.53%), Folate: 9.94µg (2.48%), Vitamin K: 2.34µg (2.23%)