

Ham with Currant Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



2

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound finely-chopped ham bone-in fully cooked
- 1 teaspoon horseradish prepared
- 0.3 cup currant jelly
- 0.3 cup water

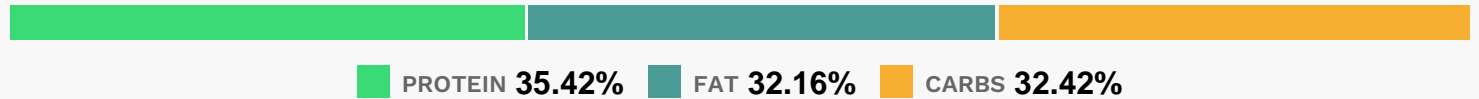
Equipment

- bowl
- frying pan
- microwave

Directions

- In a large skillet, bring ham and water to a boil. Reduce heat; cover and simmer until ham is heated through, turning once. Meanwhile, in a small microwave-safe bowl, combine jelly and horseradish. Cover and microwave on high for 1–3 minutes or until heated through, stirring occasionally.
- Serve over ham.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:21.2, Inflammation Score:-3, Nutrition Score:24.940434558155%

Nutrients (% of daily need)

Calories: 496.66kcal (24.83%), Fat: 17.34g (26.68%), Saturated Fat: 3.87g (24.16%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 38.62g (14.04%), Sugar: 27.68g (30.76%), Cholesterol: 165.56mg (55.19%), Sodium: 2649.61mg (115.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.97g (85.94%), Vitamin B1: 1.21mg (80.75%), Vitamin C: 58.45mg (70.85%), Phosphorus: 673.79mg (67.38%), Selenium: 46.11µg (65.87%), Vitamin B12: 3.2µg (53.3%), Vitamin B3: 8.09mg (40.44%), Vitamin B2: 0.58mg (34.32%), Zinc: 5.12mg (34.1%), Vitamin B6: 0.59mg (29.69%), Vitamin B5: 1.99mg (19.94%), Potassium: 687.08mg (19.63%), Copper: 0.32mg (16.07%), Magnesium: 50.86mg (12.72%), Iron: 2.22mg (12.31%), Manganese: 0.13mg (6.62%), Folate: 14.46µg (3.62%), Fiber: 0.71g (2.82%), Calcium: 27.23mg (2.72%)