



Ham with Maille® Orange Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

Ingredients

- 0.3 cup dijon originale mustard old style maille®
- 0.5 cup orange juice
- 0.5 cup orange marmalade

Equipment

- sauce pan

Directions

- Combine all ingredients in small saucepan. Bring to a gentle boil, stirring until thoroughly combined. Use as a sauce for sliced ham (also good with pork chops or pork tenderloin).
- This is also excellent as a glaze. Just spoon over entire ham about 30 minutes before ham is done, basting two or three times.

Nutrition Facts

 PROTEIN 3.04%  FAT 4.02%  CARBS 92.94%

Properties

Glycemic Index:10.5, Glycemic Load:0.85, Inflammation Score:-1, Nutrition Score:1.5186956602594%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 60.92kcal (3.05%), Fat: 0.29g (0.45%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 14.78g (5.37%), Sugar: 13.41g (14.9%), Cholesterol: 0mg (0%), Sodium: 96.95mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin C: 8.74mg (10.6%), Selenium: 2.78µg (3.97%), Fiber: 0.51g (2.02%), Vitamin B1: 0.03mg (1.98%), Manganese: 0.04mg (1.93%), Folate: 6.99µg (1.75%), Copper: 0.03mg (1.53%), Magnesium: 5.84mg (1.46%), Potassium: 50.07mg (1.43%), Calcium: 14.21mg (1.42%), Phosphorus: 11.84mg (1.18%), Iron: 0.18mg (1.03%)