



## Ham with Walnut Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



100 min.

SERVINGS



12

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup brown sugar packed
- 3 lb ham boneless fully cooked
- 1 cup orange marmalade
- 0.3 cup lite soy sauce
- 1 cup planters walnut pieces toasted

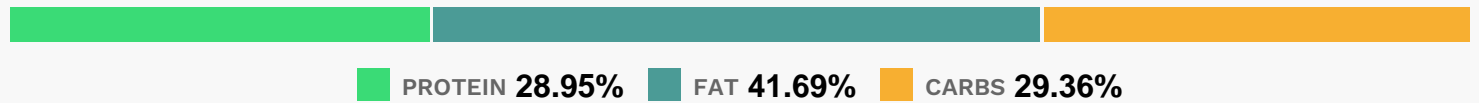
### Equipment

- sauce pan
- oven

## Directions

- Mix marmalade, soy sauce and sugar. Reserve 1/4 cup for brushing onto ham.
- Bake ham as directed on label, brushing with reserved marmalade mixture the last 20 min. Meanwhile, bring remaining marmalade mixture to boil in saucepan on medium heat, stirring occasionally. Stir in nuts.
- Slice ham.
- Serve with marmalade sauce.

## Nutrition Facts



## Properties

Glycemic Index:2.92, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:14.723043501377%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

## Nutrients (% of daily need)

Calories: 318.64kcal (15.93%), Fat: 15g (23.08%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 22.9g (8.33%), Sugar: 20.78g (23.09%), Cholesterol: 82.78mg (27.59%), Sodium: 1596.15mg (69.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.88%), Vitamin B1: 0.64mg (42.56%), Phosphorus: 372.39mg (37.24%), Vitamin C: 27.83mg (33.73%), Selenium: 23.18µg (33.12%), Vitamin B12: 1.6µg (26.65%), Vitamin B3: 4.35mg (21.74%), Manganese: 0.42mg (20.93%), Zinc: 2.86mg (19.09%), Vitamin B6: 0.36mg (17.96%), Vitamin B2: 0.3mg (17.56%), Copper: 0.32mg (15.85%), Potassium: 387.86mg (11.08%), Vitamin B5: 1.07mg (10.74%), Magnesium: 42.1mg (10.52%), Iron: 1.44mg (7.97%), Folate: 16.27µg (4.07%), Fiber: 0.88g (3.51%), Calcium: 31.26mg (3.13%)