



Holiday Ham Slice with Cinnamon Apple Rings

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- 3 medium size cooking apples red
- 0.3 teaspoon hot sauce
- 1 cup cinnamon candies red
- 0.5 cup sugar
- 2 cups water

Equipment

- frying pan
- oven

kitchen thermometer

Directions

- Score fat on ham slice.
- Place ham slice in a lightly greased large shallow dish; brush with hot sauce.
- Bake at 325 for 25 minutes or until meat thermometer registers 14
- Transfer to a serving platter.
- Core apples and cut into 1/2"-thick rings. Stick cloves into apple rings.
- Combine water and cinnamon candies in a large skillet; bring to a boil, stirring until candies dissolve.
- Add apple rings; reduce heat and simmer 5 minutes or to desired degree of doneness, turning frequently.
- Remove apple rings from skillet; set aside and keep warm.
- Add sugar to skillet, stirring until sugar dissolves. Bring mixture to a boil; boil 10 to 12 minutes or until mixture is reduced to 1 1/2 cups.
- Add apple rings to skillet, turning to glaze both sides.
- Transfer cinnamon apple rings to serving platter. Spoon remaining glaze over ham and apple rings.

Nutrition Facts

PROTEIN 0.41% **FAT 0.81%** **CARBS 98.78%**

Properties

Glycemic Index:17.02, Glycemic Load:14.95, Inflammation Score:-1, Nutrition Score:1.5099999898154%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol:

0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 217.4kcal (10.87%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 57.4g (19.13%), Net Carbohydrates: 55.21g (20.08%), Sugar: 50.8g (56.45%), Cholesterol: 0mg (0%), Sodium: 9.42mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Fiber: 2.18g (8.74%), Vitamin C: 4.31mg (5.23%), Potassium: 97.94mg (2.8%), Copper: 0.04mg (1.92%), Vitamin K: 2.01µg (1.91%), Vitamin B6: 0.04mg (1.88%), Manganese: 0.03mg (1.63%), Vitamin B2: 0.03mg (1.59%), Magnesium: 5.35mg (1.34%), Vitamin E: 0.16mg (1.09%), Vitamin B1: 0.02mg (1.04%)