



Honey Mustard Ham

 Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound finely-chopped ham fully cooked
- ☐ 0.3 cup water
- ☐ 3 tablespoons dijon honey mustard
- ☐ 0.5 cup cream sour
- ☐ 2 tablespoons spring onion sliced

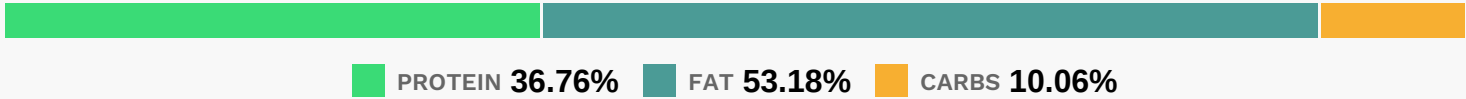
Equipment

- ☐ frying pan

Directions

- ☐ Cut ham into 4 serving pieces.
- ☐ Mix water and honey mustard in 10-inch skillet.
- ☐ Add ham.
- ☐ Cover and heat to boiling; reduce heat. Simmer about 15 minutes, turning ham once, until ham is hot.
- ☐ Remove ham from skillet; keep warm.
- ☐ Stir sour cream into mixture in skillet; heat 1 minute.
- ☐ Pour over ham.
- ☐ Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:13.190000052037%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 249.35kcal (12.47%), Fat: 14.22g (21.88%), Saturated Fat: 4.83g (30.21%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.97g (2.17%), Sugar: 3.3g (3.67%), Cholesterol: 99.74mg (33.25%), Sodium: 1376.13mg (59.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.12g (44.24%), Vitamin B1: 0.61mg (40.56%), Phosphorus: 354.08mg (35.41%), Selenium: 23.53µg (33.62%), Vitamin C: 27.24mg (33.02%), Vitamin B12: 1.66µg (27.65%), Vitamin B3: 4.07mg (20.36%), Vitamin B2: 0.32mg (18.86%), Zinc: 2.64mg (17.58%), Vitamin B6: 0.3mg (15.2%), Vitamin B5: 1.09mg (10.89%), Potassium: 362.87mg (10.37%), Copper: 0.14mg (6.97%), Magnesium: 27.44mg (6.86%), Vitamin K: 6.64µg (6.32%), Iron: 1.03mg (5.71%), Vitamin A: 209.02IU (4.18%), Calcium: 38.44mg (3.84%), Manganese: 0.06mg (3.06%), Folate: 7.05µg (1.76%)