



Honey Orange Ham Glaze



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

Ingredients



0.8 cup r honey



0.8 cup orange marmalade

Equipment



bowl

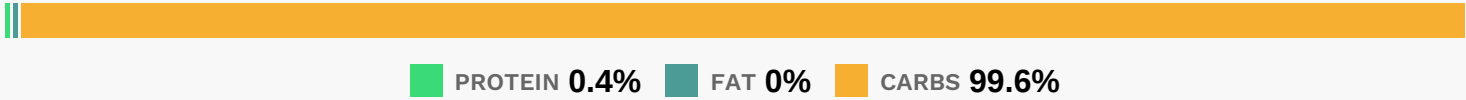
Directions



Mix honey and orange marmalade together in a bowl.

Pour glaze over a ham in the last 30 minutes of baking time.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:18.21, Inflammation Score:1, Nutrition Score:0.87739129429278%

Nutrients (% of daily need)

Calories: 227.22kcal (11.36%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 61.44g (20.48%), Net Carbohydrates: 61.07g (22.21%), Sugar: 58.79g (65.32%), Cholesterol: 0mg (0%), Sodium: 24.09mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 2.13mg (2.58%), Copper: 0.05mg (2.56%), Manganese: 0.04mg (2.1%), Calcium: 17.74mg (1.77%), Vitamin B2: 0.03mg (1.54%), Fiber: 0.36g (1.46%), Iron: 0.24mg (1.32%), Folate: 4.45µg (1.11%), Potassium: 36.83mg (1.05%)