



Incredible Ham Glaze

 Vegetarian  Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



102 kcal

SIDE DISH

Ingredients

- 1 cup brown sugar
- 2 tablespoons mustard prepared
- 1 pint irish stout beer guinness® (such as)

Equipment

- bowl
- whisk

Directions

- Whisk stout beer, brown sugar, and mustard together in a bowl until the brown sugar has dissolved.

Nutrition Facts

PROTEIN 1.31% **FAT 0.97%** **CARBS 97.72%**

Properties

Glycemic Index:3.2, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.51130434911212%

Nutrients (% of daily need)

Calories: 102.09kcal (5.1%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 22.93g (8.34%), Sugar: 21.38g (23.76%), Cholesterol: 0mg (0%), Sodium: 39.16mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Calcium: 20.15mg (2.02%), Selenium: 1.28µg (1.83%), Manganese: 0.03mg (1.33%), Iron: 0.2mg (1.13%)