



## Jalapeño-Glazed Ham Steak

 Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons jalapeno jelly red
- 2 tablespoons cilantro leaves fresh chopped
- 1 lb ham fully cooked (1/)

### Equipment

- bowl
- paper towels
- grill
- microwave

## Directions

- Heat grill.
- Place jelly in small microwave-safe bowl. Microwave on HIGH for 30 seconds.
- Add cilantro; stir to mix well. Pat ham dry with paper towel.
- When ready to grill, place ham slice on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals.
- Brush ham with half of glaze; cook 5 to 7 minutes or until thoroughly heated, turning and brushing with remaining glaze during last 2 minutes of cooking time.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:10.511304210871%

## Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 300.07kcal (15%), Fat: 19.02g (29.26%), Saturated Fat: 6.78g (42.38%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 6.3g (2.29%), Sugar: 5.6g (6.22%), Cholesterol: 70.31mg (23.44%), Sodium: 1349.59mg (58.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.93%), Vitamin B1: 0.68mg (45.44%), Selenium: 25.74µg (36.78%), Vitamin B3: 5.06mg (25.3%), Phosphorus: 242.77mg (24.28%), Vitamin B6: 0.43mg (21.56%), Zinc: 2.63mg (17.55%), Vitamin B2: 0.25mg (14.76%), Vitamin B12: 0.73µg (12.1%), Potassium: 325.36mg (9.3%), Iron: 0.99mg (5.5%), Magnesium: 21.6mg (5.4%), Vitamin D: 0.79µg (5.29%), Vitamin B5: 0.52mg (5.19%), Copper: 0.09mg (4.73%), Vitamin E: 0.41mg (2.75%), Vitamin A: 81.75IU (1.63%), Vitamin C: 0.87mg (1.06%)