



Maple-Glazed Ham Steak

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon apple cider vinegar
- 2 teaspoons dijon mustard
- 1 finely-chopped ham fully cooked
- 0.3 cup maple syrup

Equipment

- bowl
- frying pan
- aluminum foil

broiler

Directions

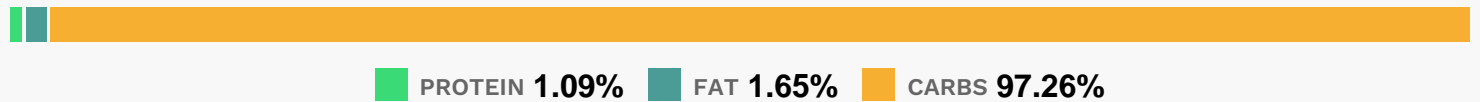
Preheat broiler and set rack about 3 inches from heat source.

Cut ham steak into 4 portions.

Stir syrup, mustard and vinegar in a small bowl to blend.

Brush one side of ham steak liberally with syrup mixture and set on a foil-lined broiling pan. Broil until glaze is just speckled with golden brown spots and lightly bubbling, 5 to 7 minutes. Turn and brush other side of ham generously with syrup mixture. Broil until glaze is bubbly and speckled with golden brown spots, about 5 minutes longer.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:4.97, Inflammation Score:-1, Nutrition Score:2.1891304347826%

Nutrients (% of daily need)

Calories: 57.02kcal (2.85%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 13.62g (4.95%), Sugar: 12.11g (13.45%), Cholesterol: 0.18mg (0.06%), Sodium: 32.39mg (1.41%), Protein: 0.15g (0.31%), Manganese: 0.48mg (24.14%), Vitamin B2: 0.26mg (15.17%), Calcium: 23.79mg (2.38%), Potassium: 52.47mg (1.5%), Magnesium: 5.67mg (1.42%), Selenium: 0.9µg (1.29%), Vitamin B1: 0.02mg (1.29%), Zinc: 0.16mg (1.09%)