



Maple Mustard Ham Steak

 Gluten Free  Dairy Free

READY IN



11 min.

SERVINGS



11

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp heinz apple cider vinegar
- 1 lb ham steak
- 0.3 cup heinz mustard yellow
- 0.3 cup pancake syrup

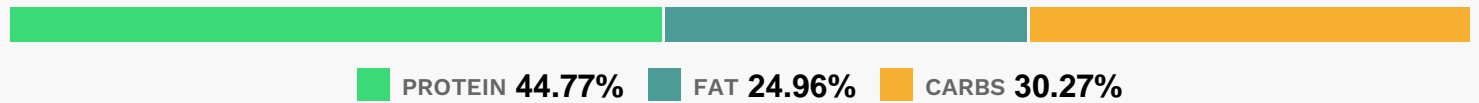
Equipment

- bowl
- grill

Directions

- Preheat grill to medium heat.
- Mix mustard, syrup and vinegar in small bowl; set aside.
- Grill ham steak 3 min. on each side.
- Brush with 1/4 cup of the mustard mixture; cook 1 to 2 min. more on each side or until heated through.
- Serve with the remaining mustard mixture.

Nutrition Facts



Properties

Glycemic Index:6.55, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:5.0839130748873%

Nutrients (% of daily need)

Calories: 75.23kcal (3.76%), Fat: 2.06g (3.17%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 5.37g (1.95%), Sugar: 0.09g (0.1%), Cholesterol: 18.84mg (6.28%), Sodium: 592.61mg (25.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.61%), Vitamin B1: 0.34mg (22.76%), Vitamin C: 13.34mg (16.17%), Selenium: 8.37µg (11.95%), Phosphorus: 114.15mg (11.41%), Vitamin B3: 2.13mg (10.64%), Vitamin B6: 0.16mg (7.82%), Zinc: 0.87mg (5.82%), Vitamin B12: 0.33µg (5.43%), Vitamin B2: 0.09mg (5.11%), Potassium: 143.71mg (4.11%), Iron: 0.51mg (2.84%), Vitamin B5: 0.27mg (2.74%), Magnesium: 10.76mg (2.69%), Copper: 0.05mg (2.61%), Manganese: 0.05mg (2.42%)