

Orange Glaze for Ham

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



84 kcal

SIDE DISH

Ingredients

- 1 cup brown sugar packed
- 15 ounce mandarin orange segments drained canned
- 2 tablespoons orange juice

Equipment

- bowl
- oven
- microwave

Directions

- Drain the juice from the can of mandarin oranges into a microwave-safe bowl. Eat the oranges, or reserve for other uses. Stir in the brown sugar and orange juice. Cook in the microwave for 5 minutes on full power, then stir and cook for another 5 minutes. Glaze will be runny.
- Use to glaze a whole ham every 10 minutes during the last hour of cooking. Also baste a few times after you take the ham out of the oven.

Nutrition Facts

PROTEIN 1.4% **FAT 0.2%** **CARBS 98.4%**

Properties

Glycemic Index:4.33, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:1.9560869828514%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 84.41kcal (4.22%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 21.18g (7.7%), Sugar: 20.94g (23.27%), Cholesterol: 0mg (0%), Sodium: 6.93mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 13.43mg (16.28%), Vitamin A: 470.6IU (9.41%), Vitamin B1: 0.03mg (2.25%), Potassium: 78.24mg (2.24%), Calcium: 19.78mg (1.98%), Fiber: 0.43g (1.72%), Magnesium: 5.86mg (1.46%), Zinc: 0.19mg (1.3%), Iron: 0.23mg (1.29%), Copper: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.19%)