



Orange-Glazed Ham with Sweet Potatoes

 **Gluten Free**  **Dairy Free**

READY IN



97 min.

SERVINGS



10

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons brown sugar
- 0.3 teaspoon ground ginger
- 2 pound honey ham boneless low-fat cooked (such as Healthy Choice honey ham)
- 1 tablespoon dijon honey mustard
- 0.8 cup low-sugar orange marmalade
- 15.3 ounce pineapple chunks in juice unsweetened canned
- 30 ounce sweet potatoes in syrup light drained canned

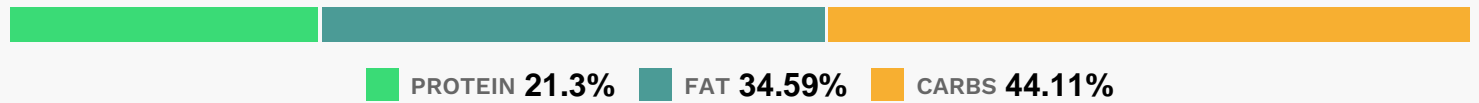
Equipment

- oven
- roasting pan

Directions

- Place ham in a shallow roasting pan coated with cooking spray. Cover and bake at 325 for 1 hour.
- Combine marmalade and next 3 ingredients. Uncover ham, and brush with 1/3 cup marmalade mixture. Reserve remaining marmalade mixture.
- Drain pineapple chunks, reserving 1/4 cup juice. Reserve remaining juice for another use.
- Combine pineapple and sweet potatoes.
- Add 1/4 cup pineapple juice to reserved marmalade mixture.
- Pour marmalade mixture over sweet potatoes and pineapple; toss lightly. Arrange sweet potato mixture around ham.
- Bake, uncovered, 30 additional minutes or until ham and potato are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:8.44, Inflammation Score:-10, Nutrition Score:17.696521862693%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 395.42kcal (19.77%), Fat: 15.31g (23.55%), Saturated Fat: 5.45g (34.03%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 40.63g (14.77%), Sugar: 27.91g (31.02%), Cholesterol: 56.25mg (18.75%), Sodium: 1146mg (49.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.41%), Vitamin A: 12102.35IU (242.05%), Vitamin B1: 0.66mg (43.79%), Selenium: 21.49µg (30.7%), Vitamin B6: 0.56mg (28.06%), Phosphorus: 238.32mg (23.83%), Vitamin B3: 4.66mg (23.32%), Potassium: 614.01mg (17.54%), Zinc: 2.42mg (16.1%), Vitamin B2: 0.27mg (15.74%), Copper: 0.27mg (13.68%), Fiber: 3.29g (13.15%), Manganese: 0.26mg (12.79%), Magnesium: 45.89mg (11.47%), Vitamin B5: 1.1mg (11.04%), Vitamin B12: 0.58µg (9.68%), Vitamin C: 7.26mg (8.8%), Iron: 1.5mg (8.34%),

Calcium: 50.95mg (5.09%), Vitamin D: 0.63µg (4.23%), Folate: 16.44µg (4.11%), Vitamin E: 0.57mg (3.81%), Vitamin K: 1.83µg (1.75%)