



Orange-Pineapple Dijon Sauce for Ham

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



314 kcal

SAUCE

Ingredients

- 8 oz pineapple undrained canned
- 2 Tbsp grey poupon dijon mustard
- 1 cup orange marmalade

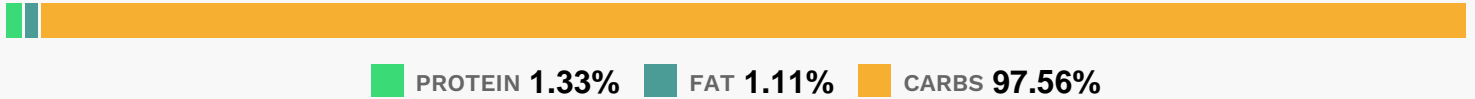
Equipment

- sauce pan

Directions

- Drain pineapple, reserving liquid.
- Mix reserved pineapple liquid, marmalade and mustard until well blended. Reserve 3/4 cup of the mustard mixture to brush on a ham during the last 30 minutes of baking time.
- Pour remaining 3/4 cup mustard mixture into small saucepan; cook on medium heat until heated through, stirring occasionally.
- Serve over ham slices. Use pineapple slices to decorate ham before baking or serve pineapple slices with sliced baked ham.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.7413043755552%

Nutrients (% of daily need)

Calories: 313.86kcal (15.69%), Fat: 0.42g (0.65%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 83.01g (27.67%), Net Carbohydrates: 80.85g (29.4%), Sugar: 74.92g (83.25%), Cholesterol: 0mg (0%), Sodium: 170.49mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 12.27mg (14.87%), Copper: 0.18mg (9.21%), Fiber: 2.16g (8.64%), Vitamin B1: 0.1mg (6.76%), Selenium: 4.34µg (6.2%), Calcium: 58.93mg (5.89%), Magnesium: 18.27mg (4.57%), Potassium: 148.21mg (4.23%), Vitamin B6: 0.08mg (4.19%), Folate: 14.08µg (3.52%), Manganese: 0.06mg (3.15%), Iron: 0.53mg (2.95%), Vitamin B2: 0.05mg (2.89%), Vitamin A: 111.03IU (2.22%), Phosphorus: 20.36mg (2.04%), Vitamin B3: 0.33mg (1.63%), Zinc: 0.18mg (1.22%)