



Pan-Seared Ham with Pineapple Chutney

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

READY IN



25 min.

SERVINGS



4

CALORIES



293 kcal

SIDE DISH

Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ground cumin
- 8 slices baked ham (each 1/)
- 2 teaspoons olive oil
- 0.5 cup onion chopped
- 2 cups pineapple fresh canned cubed (or in juice)
- 0.5 cup pineapple juice

- 0.3 cup raisins
- 1 tablespoon citrus champagne vinegar

Equipment

- frying pan
- sauce pan

Directions

- Watch how to make this recipe.
- In a medium saucepan, combine pineapple, onion, pineapple juice, raisins, brown sugar, vinegar, and cumin. Set pan over medium-high heat and bring to a simmer. Simmer 15 minutes, until mixture thickens and reduces.
- Remove from heat and stir in cilantro.
- Meanwhile, heat oil in a large skillet over medium heat.
- Add ham slices and cook 2 minutes per side, until golden brown.
- Serve ham slices with pineapple chutney spooned over top.

Nutrition Facts



PROTEIN 17.7% **FAT 35.17%** **CARBS 47.13%**

Properties

Glycemic Index:42.2, Glycemic Load:7.23, Inflammation Score:-3, Nutrition Score:9.8308695658394%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 292.9kcal (14.64%), Fat: 11.72g (18.04%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 32.9g (11.96%), Sugar: 22.53g (25.03%), Cholesterol: 34.72mg (11.57%), Sodium: 673.35mg (29.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.55%), Vitamin B1: 0.47mg (31.47%), Selenium: 13.38µg (19.11%), Vitamin B6: 0.36mg (18.09%), Vitamin C: 13.7mg (16.61%), Vitamin B3: 3mg (15.02%),

Phosphorus: 146.53mg (14.65%), Potassium: 459.06mg (13.12%), Manganese: 0.24mg (11.88%), Copper: 0.22mg (10.8%), Vitamin B2: 0.18mg (10.49%), Zinc: 1.51mg (10.04%), Fiber: 2.46g (9.82%), Magnesium: 35.95mg (8.99%), Iron: 1.59mg (8.85%), Vitamin B12: 0.36µg (5.97%), Calcium: 40.23mg (4.02%), Folate: 15.91µg (3.98%), Vitamin E: 0.54mg (3.6%), Vitamin B5: 0.31mg (3.12%), Vitamin D: 0.39µg (2.61%), Vitamin K: 2.65µg (2.53%), Vitamin A: 66.97IU (1.34%)