

Peachy Barbecued Ham Kabobs



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 1 pound finely-chopped ham fully cooked cut into 1-inch cubes
- 12 ounce peach preserves
- 20 ounce pineapple chunks drained canned
- 1 large bell pepper red cut into 1-inch squares

Equipment

- bowl
- grill

microwave

skewers

Directions

Spray cold grill grates with no-stick cooking spray.

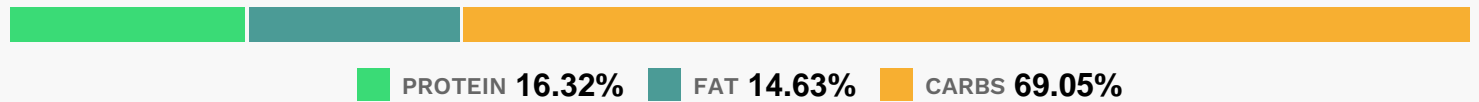
Heat grill to medium heat. Thread ham, red peppers and pineapple chunks onto skewers.

Combine preserves and barbecue sauce in a microwave safe bowl. Microwave on HIGH 20 to 30 seconds. Reserve half of sauce.

Grill kabobs turning occasionally, 6 to 8 minutes. Baste with apricot mixture the last 2 minutes.

Serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:32.23, Inflammation Score:-8, Nutrition Score:22.150000022805%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 562.6kcal (28.13%), Fat: 9.2g (14.16%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 97.71g (32.57%), Net Carbohydrates: 93.75g (34.09%), Sugar: 75.05g (83.39%), Cholesterol: 82.78mg (27.59%), Sodium: 1708.25mg (74.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.1g (46.2%), Vitamin C: 99.92mg (121.12%), Vitamin B1: 0.79mg (52.64%), Phosphorus: 375.01mg (37.5%), Selenium: 25.23µg (36.04%), Vitamin A: 1434.66IU (28.69%), Vitamin B6: 0.56mg (27.99%), Vitamin B12: 1.6µg (26.65%), Vitamin B3: 5.08mg (25.39%), Vitamin B2: 0.42mg (24.66%), Potassium: 729.35mg (20.84%), Copper: 0.4mg (19.94%), Zinc: 2.88mg (19.23%), Fiber: 3.96g (15.84%), Magnesium: 58.05mg (14.51%), Iron: 2.18mg (12.13%), Vitamin B5: 1.2mg (11.96%), Folate: 39.42µg (9.85%), Manganese: 0.18mg (8.91%), Vitamin E: 1.06mg (7.09%), Calcium: 61.16mg (6.12%), Vitamin K: 3.64µg (3.47%)