



Pineapple Glaze for Ham

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



428 kcal

SIDE DISH

Ingredients

- 1 cup brown sugar
- 15.3 ounce pineapple with juice reserved drained sliced canned
- 4 ounce maraschino cherries drained

Equipment

- bowl
- toothpicks
- microwave

Directions

- Before baking ham, place pineapple slices on ham with toothpicks and place cherries in center of pineapple.
- In a medium microwave safe bowl combine brown sugar and reserved pineapple juice.
- Mix together and microwave for about 5 minutes, until mixture is thick.
- Pour some of this glaze over the ham about every 15 minutes in the last hour of baking, until all is used.

Nutrition Facts

PROTEIN 0.81% **FAT 0.48%** **CARBS 98.71%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.7234782783881%

Nutrients (% of daily need)

Calories: 427.5kcal (21.38%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 110.24g (36.75%), Net Carbohydrates: 107.16g (38.97%), Sugar: 106.35g (118.17%), Cholesterol: 0mg (0%), Sodium: 23.49mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin C: 13.55mg (16.42%), Fiber: 3.08g (12.33%), Copper: 0.24mg (12.14%), Calcium: 104.34mg (10.43%), Vitamin B1: 0.15mg (9.8%), Potassium: 284.17mg (8.12%), Magnesium: 29.73mg (7.43%), Vitamin B6: 0.14mg (7%), Iron: 1.09mg (6.04%), Manganese: 0.05mg (2.57%), Vitamin B3: 0.49mg (2.46%), Selenium: 1.53µg (2.19%), Folate: 7.94µg (1.98%), Vitamin B2: 0.03mg (1.78%), Vitamin A: 89.06IU (1.78%), Zinc: 0.26mg (1.76%), Vitamin K: 1.58µg (1.5%), Phosphorus: 14.15mg (1.42%), Vitamin B5: 0.12mg (1.17%)