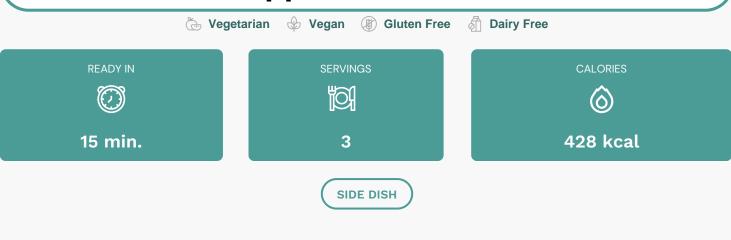


Pineapple Glaze for Ham



Ingredients

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

Equipment

| bowl |
|------------|
| toothpicks |
| microwave |

Directions

| L | 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



Properties

Glycemic Index:O, Glycemic Load:O, 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: Omg (0%), Sodium: 23.49mg (1.02%), Alcohol: Og (100%), Alcohol %: O% (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%)