



Pittsburgh Chipped Ham Barbecues

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



368 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon apple cider vinegar
- 1 pinch garlic salt
- 0.3 teaspoon ground cinnamon
- 1 pinch pepper black
- 1 pound ham
- 6 hawaiian rolls
- 1 cup catsup

- 0.5 teaspoon liquid smoke
- 0.3 cup pickle relish sweet
- 1 cup water
- 1 tablespoon worcestershire sauce

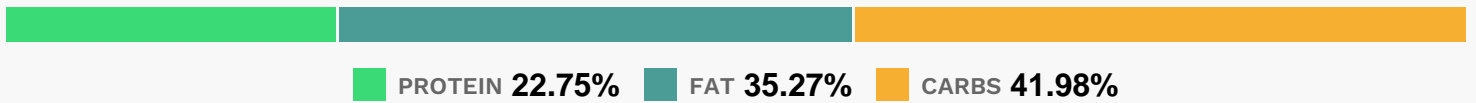
Equipment

- sauce pan

Directions

- In a large saucepan, combine the ketchup, water, brown sugar, cider vinegar, sweet pickle relish and Worcestershire sauce. Season with cinnamon, black pepper, garlic salt and liquid smoke. Bring to a simmer over low heat and simmer for 20 minutes.
- Shred the ham and stir into the mixture. Simmer longer if desired, then serve hot on hamburger buns. The mixture can also be frozen.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:12.89, Inflammation Score:-4, Nutrition Score:13.926086830056%

Flavonoids

Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 367.9kcal (18.4%), Fat: 14.45g (22.23%), Saturated Fat: 4.89g (30.59%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 37.64g (13.69%), Sugar: 16.86g (18.73%), Cholesterol: 46.87mg (15.62%), Sodium: 1602.25mg (69.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.94%), Vitamin B1: 0.69mg (46.28%), Selenium: 29.18µg (41.69%), Vitamin B3: 5.79mg (28.94%), Phosphorus: 219.1mg (21.91%), Vitamin B2: 0.37mg (21.66%), Vitamin B6: 0.38mg (19%), Manganese: 0.31mg (15.69%), Zinc: 2.16mg (14.42%), Iron: 2.54mg (14.11%), Potassium: 411.36mg (11.75%), Folate: 46.64µg (11.66%), Vitamin K: 11.9µg (11.33%), Vitamin B12: 0.57µg (9.5%), Copper: 0.17mg (8.3%), Calcium: 80.48mg (8.05%), Magnesium: 31.11mg (7.78%), Vitamin E: 1.04mg (6.91%), Vitamin A: 332.54IU (6.65%), Fiber: 1.05g (4.22%), Vitamin B5: 0.37mg (3.68%), Vitamin D: 0.53µg (3.53%), Vitamin C: 2.67mg (3.24%)