



Pittsburgh Ham Barbecues

READY IN



30 min.

SERVINGS



8

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons brown sugar
- 0.5 cup butter
- 1.5 pounds chipped ham chopped
- 2 cups catsup
- 1 small onion finely chopped
- 8 kaiser rolls split
- 0.5 cup water
- 0.3 cup distilled vinegar white
- 2 tablespoons worcestershire sauce

2 teaspoons mustard yellow prepared

Equipment

frying pan

oven

Directions

Preheat an oven to 275 degrees F (135 degrees C).

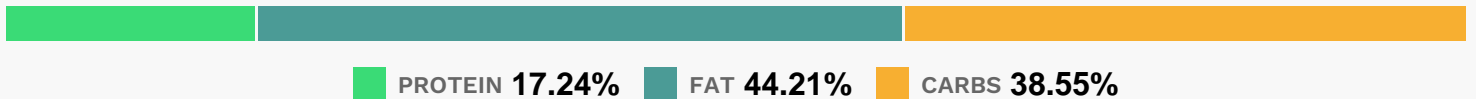
Melt the butter in a large skillet over medium-high heat; cook and stir the onions in the butter until translucent, about 5 minutes. Stir the ketchup, vinegar, water, brown sugar, mustard, and Worcestershire sauce into the skillet with the onions; simmer about 10 minutes. Stir in the ham; cook until heated through and the sauce is bubbling, 5 to 7 minutes more.

While the ham simmers, heat the kaiser rolls in the preheated oven until toasted, 5 to 7 minutes.

Assemble the sandwiches by dividing the ham mixture among the toasted kaiser rolls, topping the ham with pickle relish.

Serve hot.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:23.15, Inflammation Score:-5, Nutrition Score:13.959565214489%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 568.78kcal (28.44%), Fat: 28.08g (43.2%), Saturated Fat: 12.39g (77.46%), Carbohydrates: 55.08g (18.36%), Net Carbohydrates: 53.64g (19.5%), Sugar: 22.3g (24.78%), Cholesterol: 83.23mg (27.74%), Sodium: 2009.03mg (87.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.28%), Iron: 11.9mg (66.12%), Vitamin B1: 0.53mg (35.19%), Selenium: 20.47µg (29.24%), Vitamin B3: 4.71mg (23.55%), Vitamin B6: 0.43mg

(21.58%), Phosphorus: 208.05mg (20.81%), Vitamin B2: 0.3mg (17.71%), Zinc: 2.12mg (14.15%), Potassium: 470.09mg (13.43%), Vitamin A: 666.77IU (13.34%), Vitamin E: 1.52mg (10.14%), Vitamin B12: 0.57µg (9.47%), Copper: 0.14mg (6.98%), Magnesium: 26.93mg (6.73%), Fiber: 1.45g (5.79%), Manganese: 0.1mg (4.83%), Vitamin B5: 0.45mg (4.53%), Vitamin C: 3.66mg (4.44%), Vitamin D: 0.6µg (3.97%), Calcium: 36.91mg (3.69%), Vitamin K: 2.89µg (2.75%), Folate: 10.51µg (2.63%)