



Skillet Grilled Ham with Glazed Pineapple

 **Gluten Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb finely-chopped ham cooked cut into 4 pieces reduced-sodium (1/)
- 2 cups pineapple fresh cubed
- 2 tablespoons maple syrup
- 0.5 teaspoon curry powder
- 1 tablespoon butter
- 1 tablespoon t brown sugar dark packed

Equipment

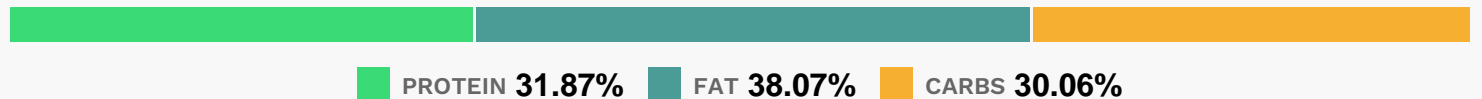
- bowl

frying pan

Directions

- Heat 12-inch skillet over medium-high heat.
- Remove skillet from heat; spray with cooking spray.
- Add ham; cook 6 to 8 minutes, turning once, until browned.
- Remove from skillet; keep warm.
- In medium bowl, toss pineapple, syrup and curry powder.
- In same skillet, melt butter over medium heat; add pineapple mixture. Cook 4 minutes, stirring frequently, until pineapple is tender.
- Add brown sugar; cook 1 minute or until sugar is melted.
- Serve glazed pineapple over ham.

Nutrition Facts



Properties

Glycemic Index:37.54, Glycemic Load:8.13, Inflammation Score:-4, Nutrition Score:18.492608754531%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 274.52kcal (13.73%), Fat: 11.61g (17.87%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 19.4g (7.05%), Sugar: 17.04g (18.93%), Cholesterol: 90.31mg (30.1%), Sodium: 1334.95mg (58.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.75%), Vitamin C: 65.89mg (79.86%), Manganese: 1.06mg (53.04%), Vitamin B1: 0.67mg (44.91%), Phosphorus: 339.55mg (33.96%), Selenium: 22.65µg (32.36%), Vitamin B12: 1.6µg (26.75%), Vitamin B2: 0.43mg (25.01%), Vitamin B3: 4.46mg (22.32%), Vitamin B6: 0.39mg (19.35%), Zinc: 2.71mg (18.08%), Potassium: 439.76mg (12.56%), Vitamin B5: 1.17mg (11.74%), Copper: 0.22mg (11.17%), Magnesium: 36.79mg (9.2%), Iron: 1.31mg (7.28%), Fiber: 1.24g (4.95%), Folate: 18.77µg (4.69%), Calcium: 32.95mg (3.3%), Vitamin A: 137.78IU (2.76%), Vitamin E: 0.15mg (1.02%), Vitamin K: 1.07µg (1.02%)