



Skillet-Grilled Ham with Glazed Pineapple



Gluten Free



Low Fod Map

READY IN



13 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon curry powder
- ☐ 1 tablespoon t brown sugar dark
- ☐ 1 pound ham cut into 4 pieces (1/)
- ☐ 2 tablespoons maple syrup
- ☐ 2 cups pineapple fresh refrigerated cut into bite-sized pieces

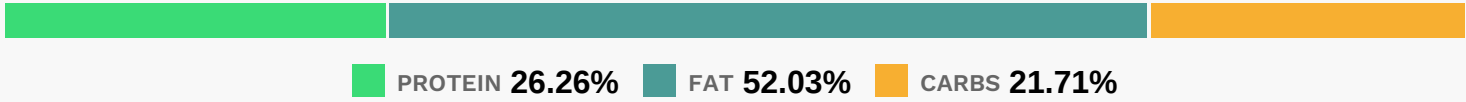
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add ham; cook 3 to 4 minutes on each side or until browned.
- ☐ Remove from pan; keep warm.
- ☐ Combine pineapple, syrup, and curry powder; toss well.
- ☐ Melt butter in pan over medium heat; add pineapple mixture. Cook 4 minutes or until pineapple is tender, stirring frequently.
- ☐ Add brown sugar; cook 1 minute or until sugar melts.
- ☐ Serve glazed pineapple over ham.

Nutrition Facts



Properties

Glycemic Index:37.54, Glycemic Load:8.13, Inflammation Score:-4, Nutrition Score:17.006521691447%

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: 381.11kcal (19.06%), Fat: 21.99g (33.83%), Saturated Fat: 8.59g (53.71%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 19.4g (7.05%), Sugar: 17.04g (18.93%), Cholesterol: 77.83mg (25.94%), Sodium: 1371.24mg (59.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.97g (49.94%), Manganese: 1.02mg (51.16%), Vitamin B1: 0.75mg (50.27%), Vitamin C: 39.46mg (47.83%), Selenium: 25.94µg (37.05%), Vitamin B3: 5.49mg (27.46%), Vitamin B6: 0.53mg (26.38%), Phosphorus: 251.1mg (25.11%), Vitamin B2: 0.41mg (23.88%), Zinc: 2.81mg (18.76%), Potassium: 445.43mg (12.73%), Vitamin B12: 0.73µg (12.19%), Copper: 0.19mg (9.42%), Magnesium: 34.52mg (8.63%), Iron: 1.33mg (7.4%), Vitamin B5: 0.7mg (7.02%), Vitamin D: 0.79µg (5.29%), Fiber: 1.24g (4.95%), Folate: 18.77µg (4.69%), Vitamin E: 0.56mg (3.74%), Calcium: 34.09mg (3.41%), Vitamin A: 137.78IU (2.76%), Vitamin K: 1.07µg (1.02%)