



Skillet Ham with Ginger-Peach Glaze



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar dark
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 12 ounce 3%-less-sodium ham lean
- ☐ 0.3 cup peach spread
- ☐ 1 tablespoon water
- ☐ 2 teaspoons grain dijon mustard whole

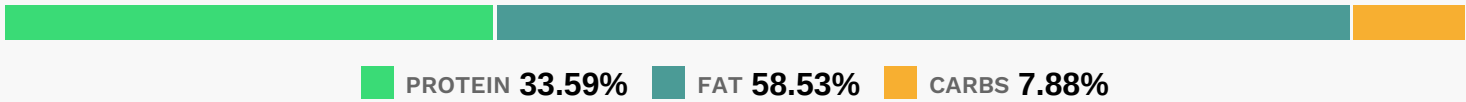
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients; set aside.
- ☐ Coat both sides of ham slices with cooking spray.
- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add ham slices; cook 1 1/2 to 2 minutes on each side or until lightly browned.
- ☐ Transfer ham to a platter.
- ☐ Reduce heat to medium-low.
- ☐ Add peach spread mixture to pan; cook 30 seconds until peach spread melts.
- ☐ Add ham slices; cook 2 minutes, turning frequently to glaze.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:8.3078260421753%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 225.04kcal (11.25%), Fat: 14.39g (22.13%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 4.07g (1.48%), Sugar: 3.78g (4.2%), Cholesterol: 52.73mg (17.58%), Sodium: 1039.53mg (45.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.15%), Vitamin B1: 0.52mg (34.57%), Selenium: 20.41µg (29.15%), Vitamin B3: 3.9mg (19.51%), Phosphorus: 187.54mg (18.75%), Vitamin B6: 0.33mg (16.57%), Zinc: 2.02mg (13.46%), Vitamin B2: 0.19mg (11.36%), Vitamin B12: 0.54µg (9.07%), Potassium: 269.98mg (7.71%), Magnesium: 19.19mg (4.8%), Iron: 0.84mg (4.69%), Copper: 0.09mg (4.3%), Vitamin B5: 0.42mg (4.18%), Vitamin D: 0.6µg (3.97%), Vitamin E: 0.39mg (2.6%), Manganese: 0.03mg (1.71%), Fiber: 0.29g (1.15%), Calcium: 10.8mg (1.08%)