



Skillet Ham With Spicy Peach Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 0.5 teaspoon ginger fresh grated peeled
- 16 ounce ham lean reduced-sodium
- 1 jalapeno minced seeded
- 16 ounce peaches frozen thawed sliced

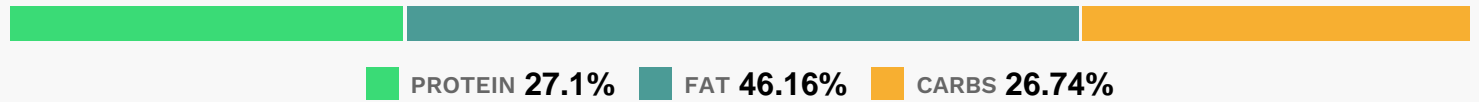
Equipment

- frying pan

Directions

- Combine first 4 ingredients; set aside.
- Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add 2 slices of ham, and cook 3 minutes on each side.
- Remove from pan, and keep warm. Repeat process with remaining 2 slices of ham.
- Add peach mixture to pan; cook 5 to 6 minutes, stirring frequently, or until peaches are thoroughly heated and liquid is syrupy.
- Place 1 slice of ham on each of 4 plates; top each with 1/3 cup salsa.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:3.97, Inflammation Score:-4, Nutrition Score:13.862173868262%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 376.65kcal (18.83%), Fat: 19.34g (29.75%), Saturated Fat: 6.81g (42.54%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 23.41g (8.51%), Sugar: 23g (25.56%), Cholesterol: 70.31mg (23.44%), Sodium: 1364.76mg (59.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.09%), Vitamin B1: 0.71mg (47.35%), Selenium: 28.3µg (40.43%), Vitamin B3: 6.03mg (30.17%), Phosphorus: 269.16mg (26.92%), Vitamin B6: 0.48mg (24%), Zinc: 2.9mg (19.34%), Vitamin B2: 0.29mg (16.96%), Potassium: 490.67mg (14.02%), Vitamin B12: 0.73µg (12.1%), Vitamin C: 8.81mg (10.68%), Copper: 0.19mg (9.56%), Vitamin E: 1.36mg (9.08%), Iron: 1.48mg (8.22%), Vitamin A: 407.41IU (8.15%), Magnesium: 32.49mg (8.12%), Fiber: 1.8g (7.22%), Vitamin B5: 0.72mg (7.21%), Vitamin D: 0.79µg (5.29%), Manganese: 0.1mg (4.89%), Vitamin K: 4.05µg (3.86%), Folate: 11.32µg (2.83%), Calcium: 24.35mg (2.43%)