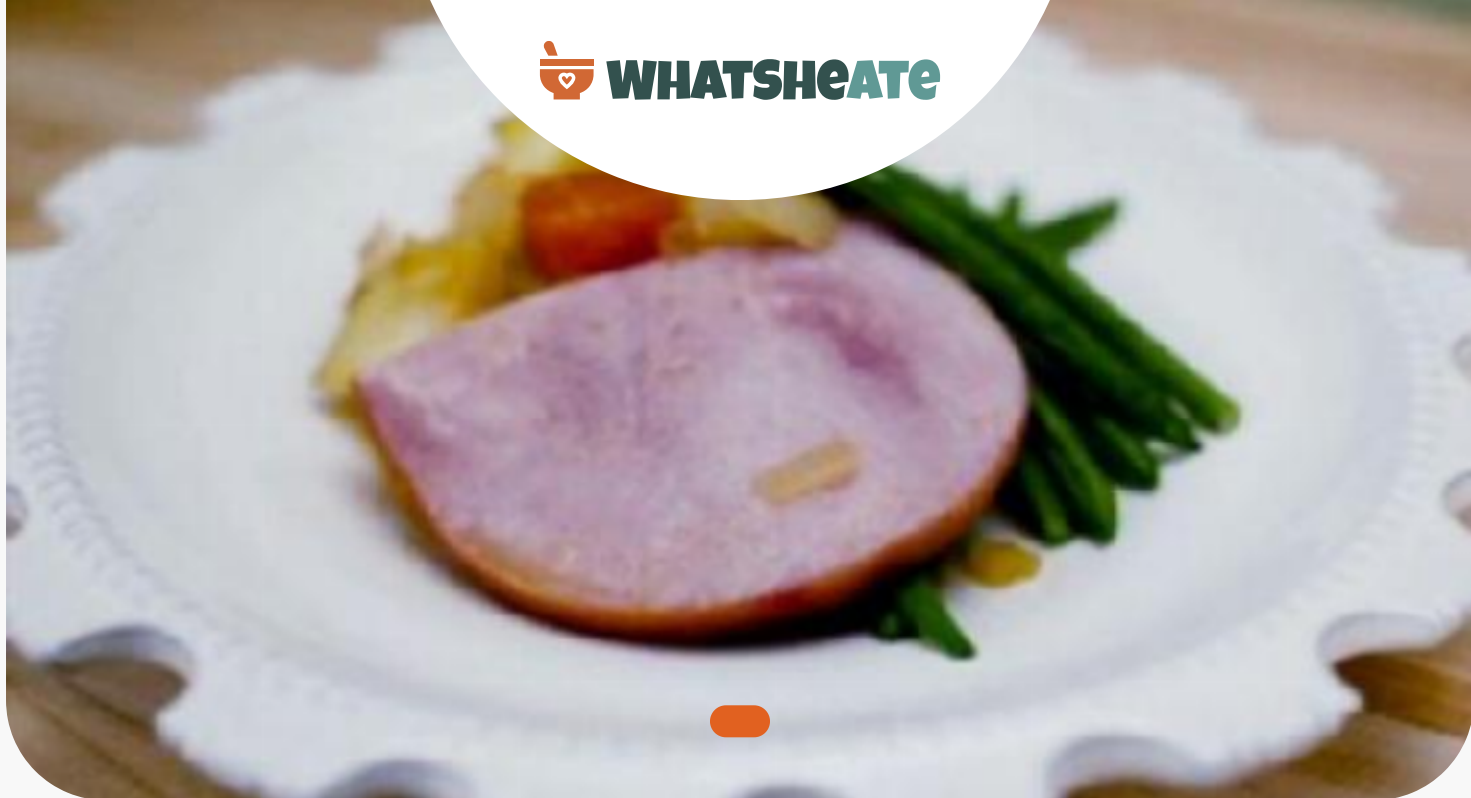




Tropical Fruit-Glazed Ham with Sweet Onions and Yukon Gold Potatoes

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brown sugar
- ☐ 1 pound deli ham thick-cut
- ☐ 1 tablespoon soya sauce reduced-sodium
- ☐ 8 ounce tropical fruit salad in passion fruit nectar canned
- ☐ 2 teaspoons vegetable oil; peanut oil preferred
- ☐ 0.5 vidalia red thinly sliced into half-moons cut in 1/2 and

☐ 4 medium size yukon gold potatoes unpeeled cut into 2-inch pieces

Equipment

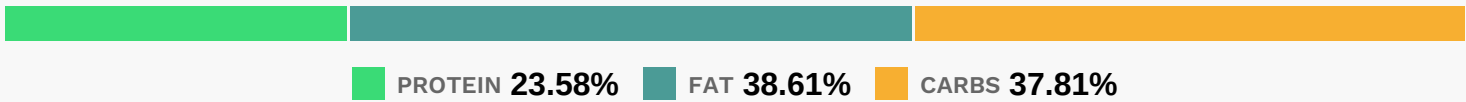
☐ frying pan

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the potatoes in a large saucepan and add enough water to cover. Set over high heat, bring to a boil, and boil until the potatoes are fork-tender, about 8 minutes.
- ☐ Drain and set aside.
- ☐ Meanwhile, heat the oil in a large skillet over medium heat.
- ☐ Add the onion and cook, stirring, until softened, about 3 minutes.
- ☐ Add the fruit along with the juice from the can, the brown sugar, soy sauce, and pepper, bring to a simmer, and simmer until the liquid thickens and reduces slightly, about 5 minutes.
- ☐ Add the ham slices and potatoes and simmer for 2 minutes to heat through.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:43.19, Glycemic Load:24.27, Inflammation Score:-7, Nutrition Score:23.699565275856%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 498.94kcal (24.95%), Fat: 21.6g (33.23%), Saturated Fat: 7.21g (45.05%), Carbohydrates: 47.58g (15.86%), Net Carbohydrates: 37.62g (13.68%), Sugar: 11.19g (12.43%), Cholesterol: 70.31mg (23.44%), Sodium: 1517.55mg (65.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.68g (59.37%), Vitamin C: 51.52mg (62.45%),

Vitamin B1: 0.83mg (55.05%), Vitamin B6: 1.01mg (50.7%), Fiber: 9.96g (39.85%), Phosphorus: 389.27mg (38.93%), Vitamin B3: 7.77mg (38.84%), Selenium: 26.73µg (38.18%), Potassium: 1278.8mg (36.54%), Vitamin B2: 0.39mg (23.09%), Zinc: 3.24mg (21.6%), Magnesium: 81.92mg (20.48%), Iron: 3.35mg (18.6%), Manganese: 0.34mg (17.22%), Copper: 0.34mg (16.93%), Vitamin A: 726.25IU (14.53%), Vitamin B12: 0.73µg (12.1%), Folate: 42.98µg (10.75%), Vitamin B5: 1.06mg (10.59%), Vitamin D: 0.79µg (5.29%), Vitamin E: 0.77mg (5.15%), Calcium: 43.1mg (4.31%), Vitamin K: 4.11µg (3.91%)