

Pineapple-Macadamia Ham Glaze

CommunityTable.com

Yield: 2 cups

1 can (20 ounce) crushed pineapple in juice

1/3 cup packed brown sugar

3 cloves garlic, chopped

1/4 teaspoon ground clove

1/4 cup macadamia nuts, chopped

In a saucepan, combine the pineapple, brown sugar, garlic, clove and nuts.

Bring to a boil. Reduce the heat and simmer 5 to 8 minutes.

When to glaze? Brush the ham with a thin coating of glaze before placing in the oven. Apply the rest 30 minutes before the end of the cook time. The sugars in a glaze may burn, so keep checking the ham.

Per Serving (excluding unknown items): 673 Calories; 25g Fat (31.5% calories from fat); 4g Protein; 118g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 1/2 Fruit; 5 Fat; 4 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	673
% Calories from Fat:	31.5%
% Calories from Carbohydrates:	66.0%
% Calories from Protein:	2.5%
Total Fat (g):	25g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	20g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	118g
Dietary Fiber (g):	5g
Protein (g):	4g
Sodium (mg):	35mg
Potassium (mg):	722mg
Calcium (mg):	140mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	27mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	19mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1/2
Fruit:	2 1/2
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	4 1/2

Vitamin A (i.u.): 98IU
Vitamin A (r.e.): 10RE

Nutrition Facts

Amount Per Serving

Calories	673	Calories from Fat: 212
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% Daily Values*

Total Fat	25g	39%
Saturated Fat	4g	19%
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrates	118g	39%
Dietary Fiber	5g	21%
Protein	4g	

Vitamin A	2%
Vitamin C	45%
Calcium	14%
Iron	17%

* Percent Daily Values are based on a 2000 calorie diet.