

Raspberry Chipotle Ham Glaze

CommunityTable.com

Yield: 2 cups

2 cups seedless raspberry jam
1/4 cup apple cider vinegar
2 canned chipotle peppers in adobo sauce, seeded and chopped
5 cloves garlic, chopped.

In a saucepan, combine the raspberry jam, vinegar, chipotle peppers and garlic.

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): 31 Calories; trace Fat (1.2% calories from fat); 1g Protein; 8g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Vegetable; 0 Fruit.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	31
% Calories from Fat:	1.2%
% Calories from Carbohydrates:	88.9%
% Calories from Protein:	9.9%
Total Fat (g):	trace
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	8g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	3mg
Potassium (mg):	120mg
Calcium (mg):	31mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	5mg
Vitamin A (i.u.):	0IU

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

Food Exchanges

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

Vitamin A (r.e.):

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Nutrition Facts

Amount Per Serving

Calories	31	Calories from Fat: 0
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	8g	3%
Dietary Fiber	trace	1%
Protein	1g	
Vitamin A		0%
Vitamin C		8%
Calcium		3%
Iron		3%

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