

Dijon Ham Steak

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-ham-steak-recipe>

Ingredients:

- 2 pounds ham steaks
- 1/2 cup Dijon mustard
- 1/2 cup pure maple syrup
- 2 tablespoons rice vinegar
- 1/4 cup chicken broth

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 100 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 49 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 2890 milligrams
9. Sugar: 25 grams

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