



Easy Slow Cooker Ham



Gluten Free



Dairy Free



Low Fod Map

READY IN



615 min.

SERVINGS



12

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown sugar
- ☐ 6 pound country ham bone-in
- ☐ 2 tablespoons ground cinnamon
- ☐ 2 tablespoons ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 1 tablespoon ground nutmeg
- ☐ 1 cup maple syrup
- ☐ 1 orange's peel

☐ 1 tablespoon vanilla extract

Equipment

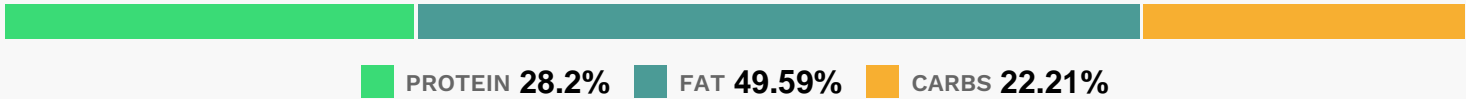
☐ pot

☐ slow cooker

Directions

- ☐ Press whole cloves into the ham so they are evenly distributed. You may score the ham for easier insertion if you wish.
- ☐ Place the ham in a slow cooker.
- ☐ Pour in apple cider until only about 2 inches of ham is above the surface. Pack the brown sugar on top of the ham, pressing into the cloves. This will get washed away in the next step but any that stays on is a bonus.
- ☐ Pour the maple syrup over the ham. Season the apple cider with cinnamon, nutmeg, ginger, ground cloves and vanilla.
- ☐ Add the orange peel to the pot. Fill the slow cooker as full as you can with apple cider without going over the fill line. Cover and set to Low. Cook for 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:9.29, Glycemic Load:6.73, Inflammation Score:-2, Nutrition Score:26.527391618361%

Nutrients (% of daily need)

Calories: 707.53kcal (35.38%), Fat: 38.41g (59.09%), Saturated Fat: 13.77g (86.04%), Carbohydrates: 38.71g (12.9%), Net Carbohydrates: 37.39g (13.6%), Sugar: 34.23g (38.03%), Cholesterol: 140.61mg (46.87%), Sodium: 2702.83mg (117.51%), Alcohol: 0.37g (100%), Alcohol %: 0.17% (100%), Protein: 49.13g (98.27%), Vitamin B1: 1.39mg (92.41%), Manganese: 1.63mg (81.26%), Selenium: 52.02µg (74.32%), Vitamin B3: 10.25mg (51.23%), Vitamin B2: 0.85mg (49.86%), Phosphorus: 490.05mg (49%), Vitamin B6: 0.88mg (44.02%), Zinc: 5.53mg (36.87%), Vitamin B12: 1.45µg (24.19%), Potassium: 759.51mg (21.7%), Magnesium: 55.9mg (13.97%), Iron: 2.46mg (13.64%), Vitamin B5: 1.08mg (10.77%), Copper: 0.21mg (10.72%), Vitamin D: 1.59µg (10.58%), Calcium: 83.2mg (8.32%), Vitamin E: 0.94mg (6.25%), Fiber: 1.32g (5.29%), Folate: 8.1µg (2.03%), Vitamin K: 1.84µg (1.75%), Vitamin C: 1.43mg (1.74%)