



## Slow-Cooker Fruited Ham

 **Gluten Free**  **Dairy Free**

READY IN



485 min.

SERVINGS



8

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pound ham smoked boneless fully cooked
- 0.5 teaspoon pepper
- 12 ounces mint-cilantro chutney spread shopping list ()
- 1 cup apricot dried chopped
- 1 cup onion whole frozen (from 1-pound bag)
- 1 tablespoon balsamic vinegar

### Equipment

- slow cooker

## Directions

- Place ham in 3 1/2- to 4-quart slow cooker.
- Sprinkle with pepper.
- Mix remaining ingredients; pour over ham.
- Cover and cook on low heat setting 6 to 8 hours.

## Nutrition Facts

**PROTEIN 30.6%** **FAT 57.19%** **CARBS 12.21%**

## Properties

Glycemic Index:17.8, Glycemic Load:3.6, Inflammation Score:-8, Nutrition Score:19.217826003614%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 500.1kcal (25%), Fat: 31.13g (47.9%), Saturated Fat: 11.43g (71.47%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 13.4g (4.87%), Sugar: 9.83g (10.92%), Cholesterol: 105.46mg (35.15%), Sodium: 2672.33mg (116.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.48g (74.97%), Vitamin B1: 1.03mg (68.94%), Selenium: 39.08µg (55.82%), Vitamin B3: 8.03mg (40.17%), Phosphorus: 381.92mg (38.19%), Vitamin B6: 0.69mg (34.7%), Vitamin A: 1586.05IU (31.72%), Zinc: 4.05mg (26.98%), Vitamin B2: 0.39mg (23.15%), Potassium: 708.08mg (20.23%), Vitamin B12: 1.09µg (18.14%), Iron: 1.98mg (11%), Copper: 0.21mg (10.35%), Magnesium: 39.97mg (9.99%), Vitamin C: 7.77mg (9.41%), Vitamin B5: 0.89mg (8.88%), Vitamin E: 1.32mg (8.81%), Vitamin D: 1.19µg (7.94%), Fiber: 1.56g (6.23%), Manganese: 0.11mg (5.32%), Calcium: 26.54mg (2.65%), Folate: 10.55µg (2.64%)