

# Slow Cooker Ham

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

READY IN



495 min.

SERVINGS



24

CALORIES



502 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups brown sugar packed
- 8 pound cured bone-in

## Equipment

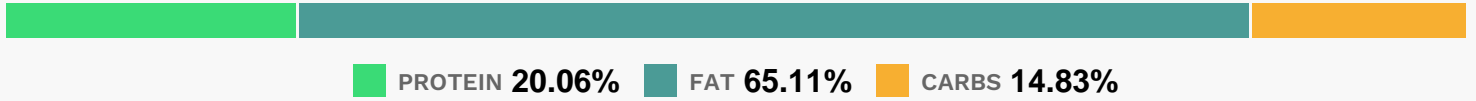
- slow cooker

## Directions

- Spread about 1 1/2 cups of brown sugar on the bottom of the slow cooker crock.

- Place the ham flat side down into the slow cooker – you might have to trim it a little to make it fit. Use your hands to rub the remaining brown sugar onto the ham. Cover, and cook on Low for 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:1.17, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.4160869754851%

## Nutrients (% of daily need)

Calories: 501.65kcal (25.08%), Fat: 35.09g (53.99%), Saturated Fat: 13.5g (84.39%), Carbohydrates: 17.99g (5.99%), Net Carbohydrates: 17.99g (6.54%), Sugar: 17.78g (19.76%), Cholesterol: 94.5mg (31.5%), Sodium: 6.65mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.32g (48.64%), Iron: 3.05mg (16.93%), Vitamin A: 539.99IU (10.8%), Calcium: 15.22mg (1.52%)