



Slow-Cooker Ham with Currant-Cherry Sauce

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

READY IN



440 min.

SERVINGS



12

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups smucker's cherry preserves
- 0.3 cup balsamic vinegar
- 0.5 teaspoon ground mustard
- 0.5 teaspoon ground ginger
- 6 pound finely-chopped ham bone-in fully cooked
- 0.5 cup currants dried
- 2 teaspoons lemon zest grated
- 1 tablespoon chives fresh chopped

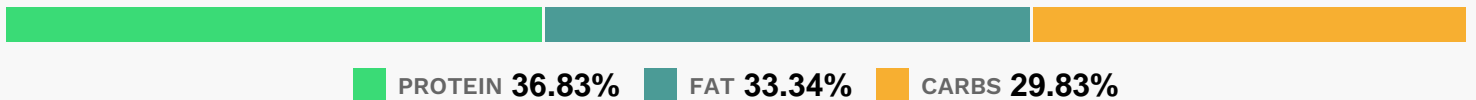
Equipment

- microwave
- measuring cup
- slow cooker

Directions

- Mix preserves, vinegar, mustard and ginger in 2-cup glass measuring cup.
- Place ham in 6-quart slow cooker, trimming ham if necessary to fit.
- Brush ham with about 1/4 cup of the preserves mixture. Refrigerate remaining preserves mixture while ham cooks.
- Cover and cook ham on Low heat setting 7 to 8 hours.
- About 20 minutes before ham is done, microwave remaining preserves mixture uncovered on High 4 minutes. Stir in currants and lemon peel; microwave uncovered on High about 3 minutes or until mixture just begins to boil. Stir in chives. Cool about 10 minutes.
- Remove ham from cooker. Slice ham; place on serving platter.
- Serve sauce with ham.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:17.39, Inflammation Score:-4, Nutrition Score:25.240869684064%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 479.09kcal (23.95%), Fat: 17.36g (26.71%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 34.16g (12.42%), Sugar: 25.17g (27.97%), Cholesterol: 165.56mg (55.19%), Sodium: 2636.96mg (114.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.16g (86.32%), Vitamin B1: 1.22mg (81.3%), Vitamin

C: 57.45mg (69.63%), Phosphorus: 678.28mg (67.83%), Selenium: 46.02µg (65.75%), Vitamin B12: 3.2µg (53.3%), Vitamin B3: 8.19mg (40.93%), Vitamin B2: 0.58mg (34.21%), Zinc: 5.12mg (34.13%), Vitamin B6: 0.61mg (30.43%), Potassium: 725.58mg (20.73%), Vitamin B5: 1.99mg (19.94%), Copper: 0.32mg (16.1%), Magnesium: 52.77mg (13.19%), Iron: 2.32mg (12.88%), Manganese: 0.19mg (9.47%), Fiber: 0.8g (3.18%), Folate: 12.53µg (3.13%), Calcium: 29.82mg (2.98%)