



 **66%**
HEALTH SCORE

Slow-Cooker Ham with Fruit Chutney

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



485 min.

SERVINGS



8

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds ham smoked boneless fully cooked
- 0.3 teaspoon pepper
- 12 ounces walkerswood jamaican jerk seasoning ()
- 1 cup raisins dried diced
- 1 cup onion whole frozen
- 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. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:8.23, Inflammation Score:-10, Nutrition Score:43.122174148974%

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: 596.82kcal (29.84%), Fat: 34.72g (53.41%), Saturated Fat: 11.26g (70.38%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 21.22g (7.72%), Sugar: 4.2g (4.67%), Cholesterol: 105.46mg (35.15%), Sodium: 2722.8mg (118.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.11g (86.21%), Vitamin A: 12609.19IU (252.18%), Vitamin E: 16.84mg (112.24%), Vitamin B6: 1.6mg (79.75%), Vitamin B1: 1.16mg (77.21%), Selenium: 47.5µg (67.86%), Fiber: 16.39g (65.55%), Vitamin B3: 12.75mg (63.73%), Iron: 9.37mg (52.05%), Phosphorus: 511.45mg (51.15%), Vitamin B2: 0.81mg (47.89%), Vitamin K: 45.13µg (42.98%), Potassium: 1497.5mg (42.79%), Manganese: 0.83mg (41.58%), Zinc: 5.84mg (38.96%), Copper: 0.63mg (31.52%), Magnesium: 103.46mg (25.87%), Vitamin B12: 1.09µg (18.14%), Calcium: 162.73mg (16.27%), Vitamin B5: 1.19mg (11.89%), Vitamin D: 1.19µg (7.94%), Folate: 21.36µg (5.34%), Vitamin C: 2.76mg (3.34%)