



Slow-Cooker Ham with Fruit Chutney

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

READY IN



485 min.

SERVINGS



8

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 1 cup fruit dried diced
- 12 ounces walkerswood jamaican jerk seasoning ()
- 3 pounds ham smoked boneless fully cooked
- 1 cup onion whole frozen
- 0.3 teaspoon pepper

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 manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts

PROTEIN 28.82% **FAT 52.51%** **CARBS 18.67%**

Properties

Glycemic Index:13.63, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:42.319999466772%

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: 560.06kcal (28%), Fat: 34.65g (53.31%), Saturated Fat: 11.23g (70.19%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 12.09g (4.4%), Sugar: 7.54g (8.38%), Cholesterol: 105.46mg (35.15%), Sodium: 2719.21mg (118.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.79g (85.57%), Vitamin A: 12698.66IU (253.97%), Vitamin E: 16.84mg (112.24%), Vitamin B6: 1.57mg (78.29%), Vitamin B1: 1.14mg (76.09%), Selenium: 47.39µg (67.7%), Vitamin B3: 12.66mg (63.3%), Fiber: 15.63g (62.51%), Phosphorus: 501.41mg (50.14%), Iron: 8.99mg (49.95%), Vitamin B2: 0.79mg (46.37%), Vitamin K: 46.49µg (44.28%), Manganese: 0.79mg (39.56%), Potassium: 1374.34mg (39.27%), Zinc: 5.84mg (38.92%), Copper: 0.6mg (29.89%), Magnesium: 99.51mg (24.88%), Vitamin B12: 1.09µg (18.14%), Calcium: 159.14mg (15.91%), Vitamin B5: 1.19mg (11.93%), Vitamin D: 1.19µg (7.94%), Folate: 21.41µg (5.35%), Vitamin C: 2.43mg (2.94%)