



Slow-Cooker Ham with Tropical Fruit Sauce

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

READY IN



500 min.

SERVINGS



12

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound ham smoked boneless fully cooked
- 0.3 teaspoon pepper
- 24 ounces mangos drained
- 12 ounces pineapple preserves
- 1 jalapeno seeded chopped
- 2 tablespoons citrus champagne vinegar
- 0.3 cup cilantro leaves fresh chopped
- 20 ounces pineapple rings drained sliced cut into sixths canned

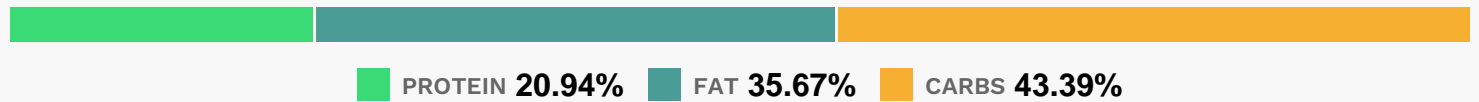
Equipment

- blender
- slow cooker

Directions

- Spray inside of 4- to 5-quart slow cooker with cooking spray.
- Place ham in slow cooker; sprinkle with pepper.
- Place mango, preserves, chili and vinegar in blender. Cover and blend on high speed 30 seconds; pour over ham.
- Cover and cook on Low heat setting 6 to 8 hours.
- Remove ham from cooker; place on serving platter.
- Sprinkle ham with 1 tablespoon of the cilantro. Stir remaining 3 tablespoons cilantro and the pineapple into sauce in cooker.
- Serve sauce with ham.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:14.52, Inflammation Score:-6, Nutrition Score:11.955652122912%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 325.88kcal (16.29%), Fat: 12.97g (19.96%), Saturated Fat: 4.58g (28.63%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 33.63g (12.23%), Sugar: 28.31g (31.45%), Cholesterol: 46.87mg (15.62%), Sodium: 907.86mg

(39.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.28%), Vitamin C: 29.06mg (35.23%), Vitamin B1: 0.52mg (34.91%), Selenium: 18.27µg (26.1%), Vitamin B6: 0.4mg (20.07%), Vitamin B3: 3.92mg (19.58%), Phosphorus: 179.14mg (17.91%), Vitamin A: 672.41IU (13.45%), Vitamin B2: 0.22mg (13.03%), Zinc: 1.87mg (12.49%), Potassium: 398.04mg (11.37%), Copper: 0.21mg (10.33%), Folate: 32.66µg (8.16%), Vitamin B12: 0.48µg (8.06%), Fiber: 1.89g (7.54%), Magnesium: 28.69mg (7.17%), Vitamin E: 0.88mg (5.84%), Iron: 1.04mg (5.8%), Vitamin B5: 0.47mg (4.69%), Vitamin K: 4.03µg (3.84%), Vitamin D: 0.53µg (3.53%), Manganese: 0.07mg (3.33%), Calcium: 25.46mg (2.55%)