



Slow-Cooker Ham with Tropical Fruit Sauce

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

READY IN



500 min.

SERVINGS



12

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

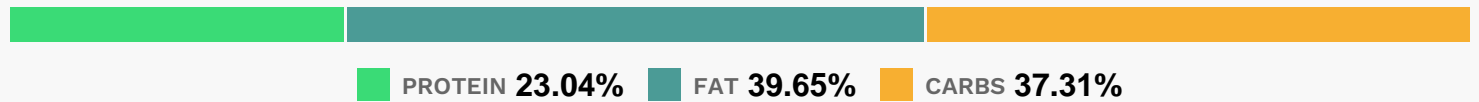
Equipment

- 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:12.58, Glycemic Load:10.59, Inflammation Score:-2, Nutrition Score:8.7717391563498%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 291.86kcal (14.59%), Fat: 12.76g (19.63%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 26.03g (9.46%), Sugar: 20.54g (22.82%), Cholesterol: 46.87mg (15.62%), Sodium: 907.3mg (39.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.35%), Vitamin B1: 0.51mg (33.85%), Selenium: 17.93µg (25.61%), Vitamin B3: 3.54mg (17.68%), Phosphorus: 171.2mg (17.12%), Vitamin B6: 0.33mg (16.69%), Zinc: 1.82mg (12.15%), Vitamin B2: 0.2mg (11.76%), Vitamin C: 8.42mg (10.21%), Potassium: 302.79mg (8.65%), Vitamin B12: 0.48µg (8.06%), Copper: 0.14mg (7.19%), Magnesium: 23.02mg (5.75%), Iron: 0.95mg (5.29%), Fiber: 0.98g (3.91%), Vitamin B5: 0.36mg (3.57%), Vitamin D: 0.53µg (3.53%), Vitamin E: 0.37mg (2.44%), Folate:

8.28µg (2.07%), Calcium: 19.22mg (1.92%), Vitamin K: 1.65µg (1.57%), Manganese: 0.03mg (1.55%), Vitamin A:
58.92IU (1.18%)