



# Slow-Cooker Honey Mustard Glazed Ham

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



12

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 7 lb finely-chopped ham bone-in fully cooked
- 0.8 cup brown sugar light packed
- 0.8 cup honey
- 0.5 cup dijon mustard
- 0.3 cup apple juice

## Equipment

- bowl
- kitchen thermometer

slow cooker

## Directions

Spray 5- to 6-quart slow cooker with cooking spray.

Remove skin and excess fat from ham. Make cuts in ham about 1 inch apart and 1/4 inch deep in diamond pattern.

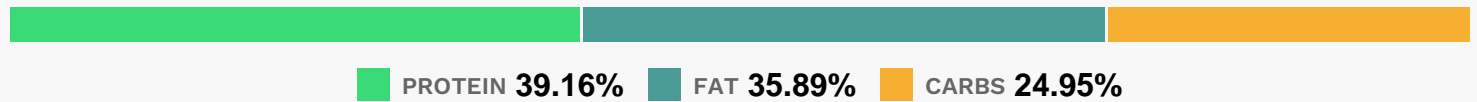
Place ham in slow cooker.

In small bowl, mix brown sugar, honey, mustard and apple juice.

Brush over ham.

Cover; cook on Low heat setting 8 hours or until meat thermometer inserted in center reads 140°F.

## Nutrition Facts



## Properties

Glycemic Index:10.42, Glycemic Load:9.37, Inflammation Score:-4, Nutrition Score:28.79826106455%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 519.61kcal (25.98%), Fat: 20.52g (31.57%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 31.58g (11.48%), Sugar: 31.38g (34.86%), Cholesterol: 193.15mg (64.38%), Sodium: 3175.11mg (138.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.38g (100.75%), Vitamin B1: 1.42mg (94.87%), Selenium: 56.26µg (80.37%), Phosphorus: 785.58mg (78.56%), Vitamin C: 61.84mg (74.96%), Vitamin B12: 3.73µg (62.18%), Vitamin B3: 9.5mg (47.52%), Zinc: 6.02mg (40.12%), Vitamin B2: 0.65mg (37.97%), Vitamin B6: 0.7mg (34.81%), Vitamin B5: 2.38mg (23.76%), Potassium: 793.6mg (22.67%), Copper: 0.32mg (16.2%), Magnesium: 62.46mg (15.62%), Iron: 2.61mg (14.48%), Manganese: 0.2mg (9.86%), Calcium: 35.51mg (3.55%), Folate: 9.23µg (2.31%), Fiber: 0.5g (2%)