



Slow-Cooker Pineapple-Orange Glazed Ham

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb finely-chopped ham boneless cooked
- 8 oz pineapple rings unsweetened crushed canned
- 0.5 cup brown sugar packed
- 3 tablespoons orange marmalade
- 1 teaspoon mustard prepared

Equipment

- bowl
- microwave

- slow cooker
- cutting board

Directions

- Place ham in 3 1/2 to 5-quart slow cooker.
- Drain pineapple liquid from can into slow cooker; refrigerate pineapple. In small bowl, combine brown sugar, 1 tablespoon of the marmalade and mustard; mix well.
- Spread over ham.
- Cover; cook on Low setting for 6 to 8 hours.
- About 5 minutes before serving, remove ham from slow cooker; place on cutting board.
- Cut off enough ham to make 2 cups cubed; cover and refrigerate for Ham and Broccoli Soup p.2
- Cover remaining ham to keep warm.
- In small microwave-safe bowl, combine pineapple and remaining 2 tablespoons orange marmalade; mix well. Microwave on High for 1 1/4 to 1 1/2 minutes or until thoroughly heated, stirring once halfway through cooking.
- Cut ham into slices.
- Serve ham with pineapple mixture.

Nutrition Facts

PROTEIN 38.2% **FAT 34.68%** **CARBS 27.12%**

Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:18.703478265068%

Nutrients (% of daily need)

Calories: 341.54kcal (17.08%), Fat: 13.01g (20.02%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 22.46g (8.17%), Sugar: 21.89g (24.32%), Cholesterol: 124.17mg (41.39%), Sodium: 1979.83mg (86.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.26g (64.51%), Vitamin B1: 0.93mg (62.13%), Vitamin C: 42.66mg (51.71%), Phosphorus: 500.19mg (50.02%), Selenium: 34.22µg (48.88%), Vitamin B12: 2.4µg (39.97%), Vitamin B3: 6.15mg (30.73%), Zinc: 3.83mg (25.55%), Vitamin B2: 0.41mg (24.3%), Vitamin B6: 0.46mg (23.21%), Potassium: 535.13mg (15.29%), Vitamin B5: 1.51mg (15.06%), Copper: 0.24mg (11.9%), Magnesium: 41.66mg (10.42%), Iron: 1.64mg (9.13%), Manganese: 0.09mg (4.64%), Calcium: 29.4mg (2.94%), Folate: 7.38µg (1.84%), Fiber:

0.45g (1.79%)