



Slow-Cooker Southern-Style Ham



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



10

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz pineapple rings canned
- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup dijon mustard
- ☐ 1 teaspoon garlic powder
- ☐ 6 lb ham smoked bone-in fully cooked

Equipment

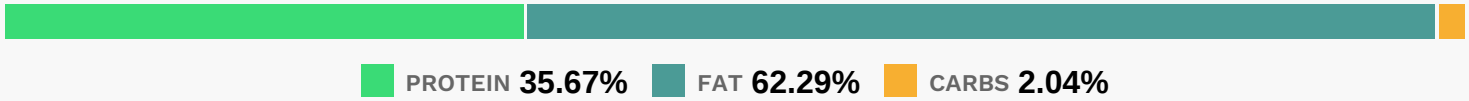
- ☐ bowl

☐ slow cooker

Directions

- ☐ In small bowl, stir together all ingredients except ham.
- ☐ Place ham in 6-quart slow cooker.
- ☐ Pour juice mixture over ham.
- ☐ Cover; cook Low heat setting 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:25.489999997227%

Nutrients (% of daily need)

Calories: 677.95kcal (33.9%), Fat: 45.88g (70.58%), Saturated Fat: 16.3g (101.86%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.84g (1.03%), Sugar: 2.55g (2.83%), Cholesterol: 168.74mg (56.25%), Sodium: 3299.59mg (143.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.12g (118.25%), Vitamin B1: 1.67mg (111.08%), Selenium: 64.15µg (91.65%), Vitamin B3: 12.25mg (61.23%), Phosphorus: 592.26mg (59.23%), Vitamin B6: 1.06mg (52.87%), Zinc: 6.39mg (42.59%), Vitamin B2: 0.61mg (35.88%), Vitamin B12: 1.74µg (29.03%), Potassium: 818.3mg (23.38%), Magnesium: 58.13mg (14.53%), Iron: 2.58mg (14.33%), Vitamin D: 1.91µg (12.7%), Vitamin B5: 1.27mg (12.66%), Copper: 0.25mg (12.58%), Manganese: 0.14mg (7.24%), Vitamin E: 1.01mg (6.71%), Calcium: 26.47mg (2.65%), Folate: 9.62µg (2.4%), Fiber: 0.54g (2.18%), Vitamin C: 1.63mg (1.97%)