



Sweet and Saucy Slow-Cooker Ham Sandwiches

 Dairy Free

READY IN



315 min.

SERVINGS



18

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup dijon mustard
- 0.3 cup bell pepper green chopped
- 1 tablespoon onion instant minced
- 20 ounces pineapple rings crushed undrained canned
- 18 sandwich rolls split
- 1.5 pounds ham smoked fully cooked chopped

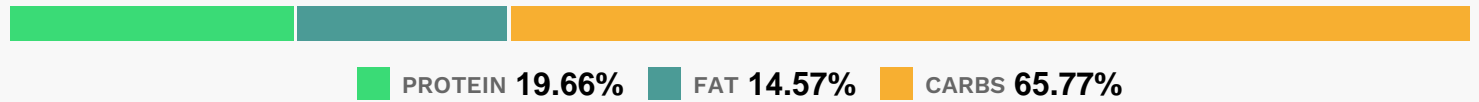
Equipment

- slotted spoon
- slow cooker

Directions

- Mix all ingredients except buns in 3- to 4-quart slow cooker.
- Cover and cook on Low heat setting 4 to 5 hours.
- Stir well before serving. To serve, fill each bun with about 1/4 cup ham mixture, using slotted spoon. Ham mixture will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:8.954782742521%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 251.41kcal (12.57%), Fat: 4.08g (6.28%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 39.43g (14.34%), Sugar: 11.64g (12.93%), Cholesterol: 18.14mg (6.05%), Sodium: 847.16mg (36.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.81%), Selenium: 24.84µg (35.49%), Vitamin B1: 0.32mg (21.27%), Phosphorus: 155.57mg (15.56%), Manganese: 0.3mg (14.91%), Iron: 2.61mg (14.5%), Folate: 56.58µg (14.15%), Vitamin B3: 2.56mg (12.81%), Vitamin B2: 0.2mg (11.97%), Copper: 0.23mg (11.35%), Magnesium: 35.97mg (8.99%), Zinc: 1.3mg (8.67%), Fiber: 2.06g (8.25%), Calcium: 72.73mg (7.27%), Potassium: 224.86mg (6.42%), Vitamin C: 4.69mg (5.69%), Vitamin B6: 0.06mg (2.81%), Vitamin B5: 0.27mg (2.65%), Vitamin E: 0.28mg (1.85%)