

# Sweet Ham Recipe

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



24

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 tablespoons brown sugar
- 20 ounce pineapple crushed canned
- 7 pound ham canned
- 2 cups orange juice
- 0.5 cup water

## Equipment

- slow cooker

## Directions

- Place ham in the slow cooker.
- Pour orange juice, water, and pineapple over the top of the ham.
- Sprinkle brown sugar along the top and sides. Cover, and cook on Low for 8 hours.

## Nutrition Facts

**PROTEIN 33.43%** **FAT 58.11%** **CARBS 8.46%**

## Properties

Glycemic Index:2.17, Glycemic Load:1.1, Inflammation Score:-2, Nutrition Score:13.545217402603%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 350.66kcal (17.53%), Fat: 22.25g (34.24%), Saturated Fat: 7.92g (49.49%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 6.95g (2.53%), Sugar: 6.56g (7.29%), Cholesterol: 82.02mg (27.34%), Sodium: 1571.48mg (68.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.61%), Vitamin B1: 0.84mg (55.85%), Selenium: 30.16µg (43.09%), Vitamin B3: 6.05mg (30.27%), Phosphorus: 288.34mg (28.83%), Vitamin B6: 0.53mg (26.47%), Zinc: 3.1mg (20.69%), Vitamin B2: 0.3mg (17.86%), Vitamin C: 12.55mg (15.22%), Vitamin B12: 0.85µg (14.11%), Potassium: 450.99mg (12.89%), Magnesium: 31.14mg (7.78%), Copper: 0.15mg (7.28%), Iron: 1.27mg (7.05%), Vitamin B5: 0.65mg (6.46%), Vitamin D: 0.93µg (6.17%), Vitamin E: 0.49mg (3.26%), Folate: 11.37µg (2.84%), Calcium: 16.71mg (1.67%), Fiber: 0.35g (1.39%), Manganese: 0.02mg (1.12%), Vitamin A: 53.15IU (1.06%)