

# Slow Cooker Gammon (Maple Glazed)

Yield: 6 min  
Total Time: 190 min

Recipe from: <https://www.recipeschoose.com/recipes/gammon-glaze-recipe-for-christmas>

## Ingredients:

- 1 gammon smoked, deboned, about 1.5kg
- 2 apples roughly chopped
- 1 onion roughly chopped
- 2 cloves garlic peeled
- 1 carrot roughly chopped
- 1 3/8 cups cider or apple juice
- 3 1/8 cups chicken stock made with a stock cube
- 7 3/4 tablespoons maple syrup
- 1 tablespoon English mustard
- 2 teaspoons mixed spice

## Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 310 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 95 grams
7. SaturatedFat: 9 grams
8. Sodium: 500 milligrams
9. Sugar: 32 grams

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