

Ham

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-ham-swiss-cheese-quiche>

Ingredients:

- 1 ham fully cooked
- 2 cups pineapple juice
- 1/2 cup brown sugar
- 1 beer bottle or can
- cloves whole

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 5 milligrams
4. Fat: 0.5 grams
5. Protein: 1 grams
6. Sodium: 100 milligrams
7. Sugar: 30 grams

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