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Cooking Ham in a Crock Pot

Yield: 11 min Total Time: 365 min

Recipe from: https://www.recipeschoose.com/recipes/thanksgiving-leftovers-crock-pot-recipe

Ingredients:

- 7 pounds cooked ham Cooked Bone-In, or Spiral Cooked Ham
- 1 cup brown sugar
- 2 cups pineapple juice
- 1/2 cup maple syrup

Nutrition:

- 1. Calories: 570 calories
- 2. Carbohydrate: 29 grams
- 3. Cholesterol: 160 milligrams
- 4. Fat: 17 grams
- 5. Protein: 72 grams
- 6. SaturatedFat: 6 grams
- 7. Sodium: 3840 milligrams
- 8. Sugar: 26 grams

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