

# Crock Pot Holiday Ham

Yield: 8 min  
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/emiril-holiday-ham-recipe>

## Ingredients:

- 1 ham 7-8 lb spiral cut
- 2 cups dark brown sugar divided
- 1/2 cup pure maple syrup
- 1 can pineapple tidbits, undrained, or 2 cups pineapple juice

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 5 milligrams
4. Protein: 1 grams
5. Sodium: 65 milligrams
6. Sugar: 68 grams

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