



Brown Sugar and Pineapple Ham

Recipe by allisonetreadwell

Course: **Dinner** / Cuisine: **American** / Difficulty: **Easy**

Servings	Prep time	Cooking time	Calories
8 servings	10 minutes	3 hours	719 kcal

Ingredients

- 6-7 pound ham (spiral is my choice)
- 2 cups of brown sugar
- 1 Tablespoon ground ginger
- 1 pinch dried chili flakes
- 1 1/2 Tablespoons Dijon or yellow mustard
- 1 20 ounce can of pineapple tidbits, crushed, chunks or rings with juice
- 3 Tablespoons honey

Directions

- 1** Sprinkle bottom of slow cooker with 1 1/2 cups of brown sugar.
- 2** Add ham to slow cooker.
- 3** Coat ham in mustard. Add 3 Tablespoons of honey on top of mustard.
- 4** Mix ground ginger and chili flakes together. Sprinkle over ham.
- 5** Pour juice from can and half the pineapple over ham. Add 1/2 cup of brown sugar on top.
- 6** Cover and cook on low for 3-4 hours or until internal temperature reaches 140 degrees. (Timing varies depending on size of ham)

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