

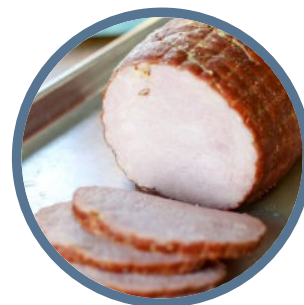
crock pot ham recipe



5 from 1 reviews

Author: Lynette *Prep Time:* 5 min *Cook Time:* 4 hours

Total Time: 4 hours 5 minutes *Yield:* 18



DESCRIPTION

Easy brown sugar, cola and mustard glaze crock pot ham. This is the perfect ham for the holidays! Quick to prep and the slow cooker does the work for you!



1.7K

INGREDIENTS

SCALE



6

- 6 to 7 pound boneless pre-cooked ham
- 1 can regular cola
- 2/3 cup brown sugar
- 1 Tablespoon mustard

1x
2x
3x



INSTRUCTIONS



- 1 Place pre-cooked boneless ham in crock pot.
- 2 Slice 1/4 inch deep across top of ham in lattice pattern.
- 3 In a bowl, mix mustard and brown sugar to create paste. Spread on top of ham, pushing into the sliced ham. Pour can of cola around ham.
- 4 Turn crock pot on high for one hour. Lower temperature to low for 3 to 4 hours or until internal temperature of ham reaches 140° F.
- 5 Remove ham from crock pot and let rest for 30 minutes before slicing. Serve warm.



Category: Main

Nutrition Facts

Serving Size 1 serving
Serves 18

Amount Per Serving

Calories 362

% Daily Value*

Total Fat 14.4g **22%**

Cholesterol 142.1mg **47%**

Sodium 99.9mg **4%**

Total Carbohydrate 10.8g **4%**

Sugars 10.5g

Protein 44.5g **89%**

Vitamin A 0% Vitamin C 1%



1.7K



6



Yum



Nutrition Information Disclaimer

Keywords: *crock pot ham, crock pot boneless ham, how to cook a ham in a crock pot, crockpot brown sugar ham, slow cooker cola ham*

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