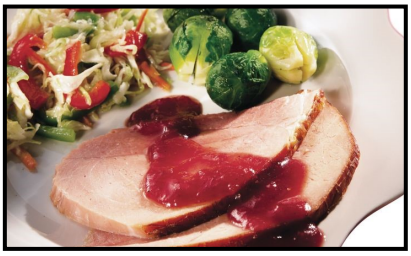
# Cranberry Ham slice

Adapted from *((SNAPEd connections)*

## Ingredients

- 1 cup brown sugar, firmly packed
- 1/2 Tbsp. cornstarch
- 1/2 tsp. allspice
- 2 cups cranberry juice cocktail
- 2 Tbsp. lemon juice
- 1/4 cup raisins, seedless
- 2 ham slices, 1-inch thick



**Total cost:** $17.69 **Serving cost:** $ 2..95

## Directions

**Yield:** 6 **Serving size:** 1/6 of recipe

1. Set dial of temperature controlled burner at 225°F. Combine brown sugar, cornstarch, and allspice in a saucepan.

2. Gradually add the next three ingredients and stir. Cook until sauce thickens and boils.

3. Place one slice of ham in greased baking dish. Pour one half of the sauce over the ham slice. Top with second slice. Add remaining sauce. 4. Bake, covered in 350°F oven for 45 minutes.

Visit **secondharvestkitchen.org** to find more recipes, free classes, and ways to get involved!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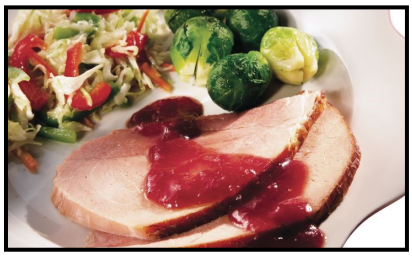


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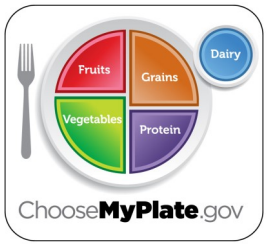
# Fast Facts

## Featured Food Groups






## Cooking Tips

- Try adding other spices you like
- Use leftover Turkey instead of ham
- Serve with your favorite veggies for an easy dinner.

**Nutrition Facts**

Serving Size 1/6 of recipe (221g)
Servings Per Container 6

**Amount Per Serving**

| | |
|---|---|
| **Calories** 320 | Calories from Fat 30 |
| | **% Daily Value*** |
| **Total Fat** 3.5g | **5%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 55mg | **18%** |
| **Sodium** 850mg | **35%** |
| **Total Carbohydrate** 57g | **19%** |
| Dietary Fiber 0g | **0%** |
| Sugars 50g | |
| **Protein** 19g | |
| Vitamin A 0% • | Vitamin C 60% |
| Calcium 4% • | Iron 6% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

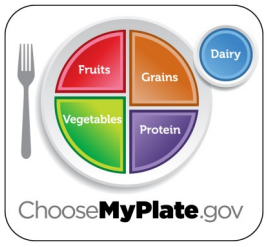
| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Second Harvest is an equal opportunity provider.


# Fast Facts

## Featured Food Groups

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| **Total Carbohydrate** 57g | **19%** |
| Dietary Fiber 0g | **0%** |
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| **Protein** 19g | |
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