

# Ham Loaf

Nancy Machtel

Trinity Jubilee Cookbook - Trinity United Methodist Church

1 1/2 pounds ground smoked ham  
1 1/2 pounds lean ground pork  
1 cup dry bread crumbs  
2 to 3 eggs  
1/2 cup milk  
1/2 green pepper (optional)  
dash black pepper  
8 ounces brown sugar  
1 ounce dry mustard  
vinegar OR pickle juice  
1/4 cup boiling water

Copyright: 9625 N. Military Trail,  
Palm Beach Gardens, FL  
TrinityPBG.org

Preheat the oven to 350 degrees.

In a large bowl, combine the ham and pork. Mix in the bread crumbs, eggs, milk, green pepper (optional) and pepper.

Place the meat mixture into a loaf pan or form into a loaf on a rimmed baking pan. Set aside.

In a separate bowl, mix the brown sugar and mustard into a thick paste with about 1/4 cup of boiling water to which a little vinegar or pickle juice has been added. Smooth the paste over the top and sides of the meat mixture.

Bake for one and 1/2 hours, basting occasionally.

---

Per Serving (excluding unknown items): 1630 Calories; 28g Fat (15.3% calories from fat); 38g Protein; 311g Carbohydrate; 4g Dietary Fiber; 441mg Cholesterol; 1222mg Sodium. Exchanges: 5 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Non-Fat Milk; 3 1/2 Fat; 14 1/2 Other Carbohydrates.

Pork

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1630	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	15.3%	<b>Vitamin B12 (mcg):</b>	1.8mcg
<b>% Calories from Carbohydrates:</b>	75.5%	<b>Thiamin B1 (mg):</b>	1.0mg
<b>% Calories from Protein:</b>	9.3%	<b>Riboflavin B2 (mg):</b>	1.2mg
<b>Total Fat (g):</b>	28g	<b>Folacin (mcg):</b>	83mcg
<b>Saturated Fat (g):</b>	7g	<b>Niacin (mg):</b>	10mg
<b>Monounsaturated Fat (g):</b>	7g	<b>Caffeine (mg):</b>	0mg

**Polyunsaturated Fat (g):** 3g  
**Cholesterol (mg):** 441mg  
**Carbohydrate (g):** 311g  
**Dietary Fiber (g):** 4g  
**Protein (g):** 38g  
**Sodium (mg):** 1222mg  
**Potassium (mg):** 1609mg  
**Calcium (mg):** 730mg  
**Iron (mg):** 15mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 751IU  
**Vitamin A (r.e.):** 197RE

**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 5 1/2  
**Lean Meat:** 2 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 3 1/2  
**Other Carbohydrates:** 14 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 1630                      **Calories from Fat:** 249

### % Daily Values\*

<b>Total Fat</b> 28g	43%
Saturated Fat 7g	35%
<b>Cholesterol</b> 441mg	147%
<b>Sodium</b> 1222mg	51%
<b>Total Carbohydrates</b> 311g	104%
Dietary Fiber 4g	14%
<b>Protein</b> 38g	
<hr/>	
<b>Vitamin A</b>	15%
<b>Vitamin C</b>	7%
<b>Calcium</b>	73%
<b>Iron</b>	86%

\* Percent Daily Values are based on a 2000 calorie diet.