

Spicy Ham Loaf

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

1 pound lean ground ham
1/2 pound lean ground pork
1 can tomato soup
1/2 cup onion, chopped
1/2 cup fine dry bread crumbs
1/4 cup celery, minced
2 tablespoons parsley, minced
1 egg, slightly beaten
1/2 teaspoon dry mustard
dash fresh ground pepper
2 teaspoons prepared horseradish

Preheat the oven to 350 degrees.

In a bowl, mix thoroughly the ham, pork, 1/2 cup of soup, onions, bread crumbs, celery, parsley, egg mustard and pepper. Shape the mixture into a firm loaf and place in a shallow casserole.

Bake for about one and one-quarter hours. Hold the loaf back firmly with a spatula and drain off all of the fat.

In a small saucepan, heat the remaining soup. Stir in the horseradish. Pour over the loaf.

Bake a few minutes longer before serving.

Per Serving (excluding unknown items): 34 Calories; 1g Fat (31.2% calories from fat); 2g Protein; 4g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 138mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	34	Vitamin B6 (mg):	.1mg
% Calories from Fat:	31.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	50.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	18.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	13mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	35mg	% Refuse:	0 0%

Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	138mg
Potassium (mg):	103mg
Calcium (mg):	14mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	14mg
Vitamin A (i.u.):	228IU
Vitamin A (r.e.):	30 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 34 Calories from Fat: 11

% Daily Values*

Total Fat 1g	2%
Saturated Fat trace	2%
Cholesterol 35mg	12%
Sodium 138mg	6%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	2%
Protein 2g	

Vitamin A	5%
Vitamin C	24%
Calcium	1%
Iron	3%

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