

Ham Jubilee

Lousene Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

1 slice (2.5 pounds) ham
1 can (20 ounce) pitted black cherries, juice reserved
1/4 teaspoon ground cloves
1/4 teaspoon curry powder
1/4 teaspoon cinnamon
1/4 teaspoon dry mustard
1 tablespoon wine vinegar
1 cup currant jelly
1/2 cup orange juice
1/4 cup grated orange rind

Preheat the oven to 350 degrees.

In a saucepan, combine the juice from the cherries, cloves, curry powder, cinnamon, dry mustard, vinegar, jelly and orange juice. Bring to a low boil. FRemove from the stove and stir in the orange rind and cherries.

Arrange the ham slice in a casserole that is a little larger than the ham but rather shallow. (Trim off some of thje fat edge first and slash the remaining fat several times to prevent the ham from humping up.)

Bake for 30 minutes.

Pour the syrup over the ham.

Continue to bake for 30 minutes longer.

Per Serving (excluding unknown items): 289 Calories; 4g Fat (11.2% calories from fat); 7g Protein; 60g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 473mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Fruit; 0 Fat; 3 1/2 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	289	Vitamin B6 (mg):	.1mg
% Calories from Fat:	11.2%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	80.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	8.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	21mcg

Saturated Fat (g): 1g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 19mg
Carbohydrate (g): 60g
Dietary Fiber (g): 1g
Protein (g): 7g
Sodium (mg): 473mg
Potassium (mg): 244mg
Calcium (mg): 25mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 34mg
Vitamin A (i.u.): 103IU
Vitamin A (r.e.): 20RE

Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 289 **Calories from Fat:** 33

% Daily Values*

Total Fat	4g	6%
Saturated Fat	1g	6%
Cholesterol	19mg	6%
Sodium	473mg	20%
Total Carbohydrates	60g	20%
Dietary Fiber	1g	5%
Protein	7g	
Vitamin A		2%
Vitamin C		56%
Calcium		3%
Iron		4%

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