

# Ham Loaf III

*Anna Mae Sollers*

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 6**

*1 pound ground ham*

*1 pound ground pork*

*1/2 cup milk*

*2 cups cornflakes*

*2 eggs, beaten*

*1 can (8 ounce) crushed  
pineapple*

Preheat the oven to 350 degrees.

In a bowl, combine the ham, pork, milk, cornflakes and eggs. Mix well. Shape into a loaf. Place into a loaf pan.

Bake for one hour.

Pour the crushed pineapple over the top of the ham loaf.

Bake for 30 minutes longer.

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Per Serving (excluding unknown items): 261 Calories; 18g Fat (64.0% calories from fat); 16g Protein; 8g Carbohydrate; trace Dietary Fiber; 128mg Cholesterol; 76mg Sodium. Exchanges: 2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat.