

# Ham with Cauliflower

*Lousene Rousseau Brunner  
Casserole Treasury (1964)*

## Servings: 5

*2 1/2 cups cooked ham, ground  
2 small heads cauliflower, broken into  
flowerets  
3/4 cup Parmesan cheese, grated  
2 egg yolks  
1 1/2 cups sour cream  
2 tablespoons onions, minced  
1 tablespoon parsley, minced  
1 teaspoon paprika  
salt  
butter or margarine*

Preheat the oven to 375 degrees.

In a saucepan, simmer the cauliflower flowerets in boiling salted water barely to cover for about 5 minutes. They should remain crisp. Drain.

In a greased casserole, make alternate layers of cauliflower and ham, pressing them slightly together. Sprinkle each layer with part of the cheese, using one-half cup.

In a bowl, beat the egg yolks with the sour cream. Stir in the onion, parsley, paprika and a little salt if the ham is bland. Pour the mixture over the casserole. Spread with the remaining one-quarter cup of cheese. Dot with butter.

Bake for 20 minutes or until golden brown.

(Serve with buttered noodles or a rice casserole.)

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Per Serving (excluding unknown items): 362 Calories; 27g Fat (67.7% calories from fat); 21g Protein; 8g Carbohydrate; 1g Dietary Fiber; 164mg Cholesterol; 1165mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	362	Vitamin B6 (mg):	.4mg
% Calories from Fat:	67.7%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	9.1%	Thiamin B1 (mg):	.6mg

% Calories from Protein:	23.1%
Total Fat (g):	27g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	164mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	21g
Sodium (mg):	1165mg
Potassium (mg):	485mg
Calcium (mg):	271mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	39mg
Vitamin A (i.u.):	1084IU
Vitamin A (r.e.):	260RE

Riboflavin B2 (mg):	.4mg
Folacin (mcg):	45mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 5

### Amount Per Serving

<b>Calories</b>	362	Calories from Fat: 245
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### % Daily Values\*

<b>Total Fat</b>	27g	42%
Saturated Fat	14g	71%
<b>Cholesterol</b>	164mg	55%
<b>Sodium</b>	1165mg	49%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	1g	5%
<b>Protein</b>	21g	
<b>Vitamin A</b>		22%
<b>Vitamin C</b>		66%
<b>Calcium</b>		27%
<b>Iron</b>		8%

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