

# Hawaiian Ham Casserole

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 4

2 cups cooked ham, cut in 1/2-inch  
dice  
2 tablespoons butter or margarine  
1 can (8-1/2 ounce) pineapple  
chunks in juice, drained  
3 tablespoons brown sugar  
1 can condensed onion soup  
salt  
pepper  
4 large sweet potatoes, boiled, peeled  
and sliced thick  
1/2 cup chopped pecans

Preheat the oven to 400 degrees.

In a heavy casserole, heat the butter. Lightly  
brown the ham in it.

Stir in the pineapple chunks, one tablespoon of  
brown sugar and the onion soup. Season to  
taste. Cook just until reaching the boiling point.  
Remove from the heat.

Arrange the sweet potato slices on top of the  
ham-pineapple mixture, overlapping a little.

In a bowl, mix the pecans and the remaining  
brown sugar. Spread over the potatoes.

Bake for 30 minutes.

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Per Serving (excluding unknown  
items): 501 Calories; 24g Fat  
(42.4% calories from fat); 17g  
Protein; 57g Carbohydrate; 6g  
Dietary Fiber; 54mg Cholesterol;  
1497mg Sodium. Exchanges: 2 1/2  
Grain(Starch); 2 Lean Meat; 1  
Vegetable; 1/2 Fruit; 3 1/2 Fat; 1/2  
Other Carbohydrates.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	501	Vitamin B6 (mg):	.7mg
% Calories from Fat:	42.4%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	44.2%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	13.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	24g	Folacin (mcg):	37mcg
Saturated Fat (g):	7g	Niacin (mg):	5mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg

<b>Polyunsaturated Fat (g):</b>	4g
<b>Cholesterol (mg):</b>	54mg
<b>Carbohydrate (g):</b>	57g
<b>Dietary Fiber (g):</b>	6g
<b>Protein (g):</b>	17g
<b>Sodium (mg):</b>	1497mg
<b>Potassium (mg):</b>	684mg
<b>Calcium (mg):</b>	68mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	3mg
<b>Vitamin C (mg):</b>	55mg
<b>Vitamin A (i.u.):</b>	26341IU
<b>Vitamin A (r.e.):</b>	2666RE

<b>Alcohol (kcal):</b>	0
<b>% Daily Value*</b>	0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	501	<b>Calories from Fat:</b> 212
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### % Daily Values\*

<b>Total Fat</b>	24g	37%
Saturated Fat	7g	34%
<b>Cholesterol</b>	54mg	18%
<b>Sodium</b>	1497mg	62%
<b>Total Carbohydrates</b>	57g	19%
Dietary Fiber	6g	24%
<b>Protein</b>	17g	
<b>Vitamin A</b>		527%
<b>Vitamin C</b>		92%
<b>Calcium</b>		7%
<b>Iron</b>		13%

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