

# HOMEMADE GLAZED HAM LOAF MADE WITH LOCAL PORK

NO IMAGE

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44924
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK GRND 75 LEAN	2 Pound		259373
HAM GROUND	2 Pound	BAKE Fully cooked and ready to use	158850
BREAD CRUMB PANKO	1 Quart	UNPREPARED See Package Instructions	198011
EGG SHL LRG A GRD	4 Each		206539
MILK WHT 2	1 Cup		504602
SUGAR BROWN LT	1 1/2 Cup		860311
Tap Water for Recipes	3/4 Cup	UNPREPARED	
VINEGAR APPLE CIDER 5	1/2 Cup		430795
SPICE MUSTARD GRND	1 Teaspoon		224928

## Preparation Instructions

In a bowl, combine pork, ham, bread crumbs, eggs, and milk. Shape into 24 balls, each one is 1/2 cup. Place in an ungreased baking pan. Combine brown sugar, water, vinegar, and mustard; pour over the balls. Bake uncovered at 350 degrees until temp reaches 165 degrees. Baste every 15-20 minutes during baking.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 2.00 Each

Amount Per Serving	
<b>Calories</b>	491.68
<b>Fat</b>	29.06g
<b>SaturatedFat</b>	9.81g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	176.00mg
<b>Sodium</b>	878.48mg
<b>Carbohydrates</b>	22.33g
<b>Fiber</b>	1.33g
<b>Sugar</b>	6.00g
<b>Protein</b>	36.44g
<b>Vitamin A</b> 41.70IU	<b>Vitamin C</b> 0.26mg
<b>Calcium</b> 51.70mg	<b>Iron</b> 2.25mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available