

HOMEMADE GLAZED HAM LOAF MADE WITH LOCAL PORK



| | | | |
|---------------|------------------------|----------------|-------------------|
| Servings: | 12.00 | Category: | Entree |
| Serving Size: | 2.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-44924 |
| School: | 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

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 2.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available