



## Caramel Ham Loaf

READY IN



90 min.

SERVINGS



12

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup brown sugar
- 1 cup brown sugar
- 1 teaspoon mustard dry
- 6 eggs beaten
- 2 teaspoons flour
- 1 pound ground beef
- 2 pounds ground ham smoked
- 2.5 cups milk
- 2 teaspoons mustard prepared

- 1 teaspoon salt
- 1 ounce bread white
- 2 tablespoons distilled vinegar white

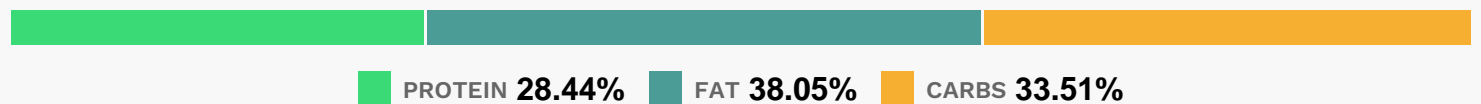
## Equipment

- bowl
- oven
- glass baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the bread in a large bowl, pour in the milk and soak until soft. Mash well, then mix in the ham, beef, eggs, salt, dry mustard, and 1/3 cup of brown sugar.
- Mix thoroughly and pack the mixture into a 9x13 glass baking dish. Stir together 1 cup of brown sugar, flour, and prepared mustard. Stir in enough vinegar to make a spreadable paste.
- Spread the topping over top of the meat.
- Bake in preheated oven for one hour until the ground beef has cooked, and the topping has browned nicely.

## Nutrition Facts



## Properties

Glycemic Index:22.48, Glycemic Load:1.92, Inflammation Score:-2, Nutrition Score:9.8986956705542%

## Nutrients (% of daily need)

Calories: 335.13kcal (16.76%), Fat: 14.18g (21.81%), Saturated Fat: 5.48g (34.27%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 27.98g (10.17%), Sugar: 26.46g (29.4%), Cholesterol: 151.06mg (50.35%), Sodium: 1214.8mg (52.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.69%), Phosphorus: 337.16mg (33.72%), Zinc: 3.49mg (23.25%), Selenium: 14.99µg (21.41%), Vitamin B12: 1.28µg (21.32%), Vitamin B2: 0.23mg (13.82%), Iron: 2.4mg (13.34%), Potassium: 449.48mg (12.84%), Copper: 0.24mg (11.89%), Calcium: 115.78mg (11.58%), Magnesium: 42.56mg (10.64%), Vitamin B6: 0.2mg (10.2%), Vitamin B3: 1.84mg (9.2%), Vitamin B5: 0.77mg (7.67%), Vitamin D:

1.04µg (6.91%), Vitamin B1: 0.07mg (4.74%), Folate: 16.79µg (4.2%), Vitamin A: 201.82IU (4.04%), Vitamin E: 0.43mg (2.85%), Manganese: 0.05mg (2.67%)