



Ham Balls

READY IN



45 min.

SERVINGS



50

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 1 pound ham diced
- ☐ 2 cups breadcrumbs dry fine
- ☐ 1 teaspoon mustard dry
- ☐ 2 large eggs beaten
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound ground pork
- ☐ 1 cup milk
- ☐ 0.8 teaspoon salt

- ☐ 6 tablespoons vegetable oil divided
- ☐ 0.5 cup water
- ☐ 0.5 cup vinegar white

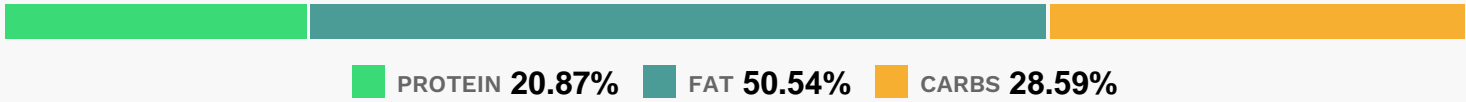
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Process ham in a food processor until coarsely ground; add pork and next 5 ingredients, and pulse to combine. Cover and chill 1 hour. Shape into 1-inch balls.
- ☐ Cook balls, in batches, in 2 tablespoons hot oil in a large skillet over medium heat 3 minutes on each side or until lightly browned, adding oil as needed.
- ☐ Place in lightly greased 13- x 9-inch baking dish.
- ☐ Combine brown sugar, 1/2 cup water, and next 2 ingredients in a large saucepan over medium heat; cook about 5 minutes or until thoroughly heated.
- ☐ Pour sauce over balls.
- ☐ Bake, covered, at 350 for 20 minutes. Uncover and bake 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.1230434723522%

Nutrients (% of daily need)

Calories: 79.91kcal (4%), Fat: 4.47g (6.88%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 5.49g (2%), Sugar: 2.81g (3.12%), Cholesterol: 19.42mg (6.47%), Sodium: 195.33mg (8.49%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Vitamin B1: 0.11mg (7.47%), Selenium: 4.15µg (5.93%), Vitamin B3: 0.69mg (3.46%), Phosphorus: 32.44mg (3.24%), Vitamin B2: 0.05mg (3.22%), Vitamin K: 3.32µg (3.16%), Vitamin B6: 0.05mg (2.38%), Manganese: 0.05mg (2.27%), Iron: 0.4mg (2.24%), Zinc: 0.31mg (2.08%), Vitamin B12: 0.12µg (2.05%), Calcium: 18.49mg (1.85%), Folate: 6.11µg (1.53%), Potassium: 48.06mg (1.37%), Vitamin B5: 0.14mg (1.37%), Magnesium: 4.82mg (1.2%), Vitamin E: 0.17mg (1.1%)