



Ham Loaf

 Gluten Free

READY IN



80 min.

SERVINGS



16

CALORIES



450 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups brown sugar
- ☐ 0.3 cup cider vinegar
- ☐ 2 eggs
- ☐ 1.5 cups evaporated milk
- ☐ 2.5 tablespoons parsley fresh chopped
- ☐ 1 teaspoon ground mustard
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 pound ground pork

- ☐ 2.5 pounds ground ham
- ☐ 5 tablespoons horseradish prepared
- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 onion chopped
- ☐ 2 cups rolled oats
- ☐ 16 servings salt and pepper black to taste
- ☐ 0.3 cup cup heavy whipping cream sour

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Combine the ground ham, ground pork, onion, oats, eggs, parsley, ground mustard, pepper, and evaporated milk in a large bowl.
- ☐ Mix well. Form in to 2 loaves; place into 9x13 inch baking pans.
- ☐ Bake loaves in preheated oven for 30 minutes. Stir the brown sugar and vinegar together in a small saucepan; boil for 1 minute.
- ☐ Remove loaves from oven, and pour brown sugar mixture over. Return loaves to oven; baste frequently with the pan juices until browned and cooked through, 30 to 45 minutes longer.
- ☐ Combine the mayonnaise, sour cream, horseradish, and lemon juice in a small bowl. Season to taste with salt and pepper.
- ☐ Serve sauce over sliced ham loaf.

Nutrition Facts



 PROTEIN **19.34%**  FAT **53.19%**  CARBS **27.47%**

Properties

Glycemic Index:16, Glycemic Load:2.59, Inflammation Score:-3, Nutrition Score:13.99565222989%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 450.2kcal (22.51%), Fat: 26.5g (40.77%), Saturated Fat: 8.32g (52.03%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 29.51g (10.73%), Sugar: 23.25g (25.84%), Cholesterol: 87.99mg (29.33%), Sodium: 1170.42mg (50.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.37%), Vitamin B1: 0.6mg (39.68%), Selenium: 25.78µg (36.82%), Phosphorus: 286.96mg (28.7%), Vitamin K: 27.96µg (26.63%), Manganese: 0.43mg (21.44%), Vitamin B3: 4mg (20.02%), Vitamin B6: 0.37mg (18.74%), Vitamin B2: 0.32mg (18.63%), Zinc: 2.67mg (17.83%), Potassium: 418.76mg (11.96%), Vitamin B12: 0.66µg (11%), Calcium: 103.87mg (10.39%), Magnesium: 41.54mg (10.38%), Iron: 1.58mg (8.76%), Vitamin B5: 0.84mg (8.39%), Copper: 0.13mg (6.61%), Fiber: 1.29g (5.17%), Vitamin E: 0.77mg (5.1%), Vitamin D: 0.65µg (4.34%), Folate: 16.18µg (4.04%), Vitamin C: 3.2mg (3.88%), Vitamin A: 169.62IU (3.39%)