

# Hawaiian Ham Spread

Mrs. J. P. Weber

*Southern Living - 1987 Annual Recipes*

## Servings: 3

1 1/2 cups lean cooked ground ham  
1 can (8 ounce) unsweetened crushed  
pineapple, drained  
1/2 teaspoon brown sugar  
1/8 teaspoon ground cloves  
2 tablespoons reduced-calorie  
mayonnaise

In a bowl, combine all of the ingredients. Stir well.

Serve with flatbreads, crisp breads, cracker breads, hard rolls and rice cakes.

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Per Serving (excluding unknown items): 29 Calories; 3g Fat (83.6% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 47mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	29	Vitamin B6 (mg):	trace
% Calories from Fat:	83.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	16.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	3mg	% Refuse:	n n%
Carbohydrate (g):	1g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	47mg	Vegetable:	0
Potassium (mg):	4mg	Fruit:	0
Calcium (mg):	1mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2

Zinc (mg): trace  
Vitamin C (mg): trace  
Vitamin A (i.u.): 2IU  
Vitamin A (r.e.): 1/2RE

Other Carbohydrates: 0

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## Nutrition Facts

Servings per Recipe: 3

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### Amount Per Serving

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**Calories** 29                      **Calories from Fat:** 24

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**% Daily Values\***

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<b>Total Fat</b> 3g	4%
Saturated Fat trace	2%
<b>Cholesterol</b> 3mg	1%
<b>Sodium</b> 47mg	2%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	0%
<b>Protein</b> trace	

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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	0%

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\* Percent Daily Values are based on a 2000 calorie diet.