

Dovan Haven Ham Loaf

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 12

*2 pounds ground smoked
ham
1 1/2 pounds ground fresh
lean pork
1 cup milk
1 cup dry bread crumbs
2 eggs, beaten
3/4 cup brown sugar
1/4 cup water*

Preheat the oven to 350 degrees.

In a bowl, combine the ham, pork, milk, bread crumbs and eggs. Mix well. Pack the meat mixture into a 10x5-inch loaf pan, then invert onto a shallow baking pan. Score the top of the meat with the handle of a wooden spoon.

In a bowl, combine the brown sugar and water for glazing the loaf.

Bake the ham loaf for 1-1/2 hours, basting occasionally with the glaze.

Per Serving (excluding unknown items): 94 Calories; 2g Fat (1 calories from fat); 3g Protein; Carbohydrate; trace Dietary Fiber; 38mg Cholesterol; 103mg Sodium. Exchanges: 1/2 Grain(Starch); Lean Meat; 0 Non-Fat Milk; 1/2 Other Carbohydrates.