

Ham Casserole with Raisins and Pineapple

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 5

3 cups cooked ham, diced
1/2 cup dark or golden raisins
3/4 cup pineapple chunks, juice reserved
1 medium onion, sliced and separated into rings
1 small green pepper, sliced in rings
1 cup pineapple syrup
1/3 cup vinegar
1/2 cup packed brown sugar
2 tablespoons cornstarch
2 teaspoons dry mustard
1/4 teaspoon salt
1 teaspoon Worcestershire sauce
1 tablespoon soy sauce

Preheat the oven to 350 degrees.

Place the ham in a casserole. Arrange the onion and green pepper rings over it. Arrange the pineapple and raisins on top.

In a small saucepan, heat the pineapple syrup and vinegar. Mix the sugar, cornstarch, mustard and salt. Add to the hot liquid. Stir until it thickens.

Add the Worcestershire sauce and soy sauce. Pour over the casserole.

Bake for 45 minutes.

Per Serving (excluding unknown items): 325 Calories; 9g Fat (23.9% calories from fat); 15g Protein; 48g Carbohydrate; trace Dietary Fiber; 46mg Cholesterol; 1418mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 2 1/2 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	325	Vitamin B6 (mg):	.3mg
% Calories from Fat:	23.9%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	58.1%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	18.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	9g	Folacin (mcg):	16mcg
Saturated Fat (g):	3g	Niacin (mg):	4mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	46mg
Carbohydrate (g):	48g
Dietary Fiber (g):	trace
Protein (g):	15g
Sodium (mg):	1418mg
Potassium (mg):	467mg
Calcium (mg):	41mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	42mg
Vitamin A (i.u.):	7IU
Vitamin A (r.e.):	1RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	2 1/2

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories	325	Calories from Fat: 78
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% Daily Values*

Total Fat	9g	13%
Saturated Fat	3g	14%
Cholesterol	46mg	15%
Sodium	1418mg	59%
Total Carbohydrates	48g	16%
Dietary Fiber	trace	2%
Protein	15g	

Vitamin A	0%
Vitamin C	69%
Calcium	4%
Iron	9%

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