

Ham Casserole with Sherry

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

4 cups cooked ham, ground
2 eggs, well beaten
2 tablespoons green pepper, chopped
1/2 cup sour cream
2 cups cooked rice
2 tomatoes, peeled or chopped
1 teaspoon prepared mustard
1 teaspoon Worcestershire sauce
1/2 cup sherry
1 tablespoon onion, grated
2 tablespoons buttered bread crumbs
paprika

Preheat the oven to 350 degrees.

In a bowl, blend well the ham, eggs, green pepper, sour cream, rice, tomatoes, mustard, Worcestershire, sherry, and onion.

Spread in a well-greased medium casserole.

Sprinkle the top with buttered crumbs and paprika.

Bake for 30 minutes.

Per Serving (excluding unknown items): 348 Calories; 16g Fat (43.3% calories from fat); 21g Protein; 25g Carbohydrate; 1g Dietary Fiber; 130mg Cholesterol; 1244mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	348
% Calories from Fat:	43.3%
% Calories from Carbohydrates:	31.1%
% Calories from Protein:	25.6%
Total Fat (g):	16g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	130mg
Carbohydrate (g):	25g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.9mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	56mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	28
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1
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Protein (g): 21g
Sodium (mg): 1244mg
Potassium (mg): 497mg
Calcium (mg): 50mg
Iron (mg): 2mg
Zinc (mg): 3mg
Vitamin C (mg): 37mg
Vitamin A (i.u.): 509IU
Vitamin A (r.e.): 96 1/2RE

Lean Meat: 2 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 348 Calories from Fat: 151

% Daily Values*

Total Fat	16g	24%
Saturated Fat	6g	31%
Cholesterol	130mg	43%
Sodium	1244mg	52%
Total Carbohydrates	25g	8%
Dietary Fiber	1g	3%
Protein	21g	

Vitamin A	10%
Vitamin C	62%
Calcium	5%
Iron	9%

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