

Spiced Ham Balls

Lousene Rousseau Brunner
Casserole Treasury (1964)

Servings: 5

- 1 can ground pork luncheon meat
- 2/3 cup uncooked oatmeal
- 1 egg, beaten
- 1/2 cup milk
- 1 teaspoon Worcestershire sauce
- 1 tablespoon prepared mustard
- SAUCE
- 2 tablespoons flour
- 1/3 cup brown sugar or maple syrup
- 2/3 cup water
- 2 tablespoons vinegar

Preheat the oven to 350 degrees.

In a bowl, mix thoroughly the meat, oatmeal, egg, milk. Worcestershire sauce and mustard. Shape into small balls. Place in a shallow casserole.

Bake for 20 minutes.

While the casserole is baking, in a saucepan combine the flour, brown sugar, water and vinegar. Cook slowly until thick.

Pour the sauce over the casserole. Continue baking for 15 minutes longer.

Per Serving (excluding unknown items): 45 Calories; 2g Fat (39.2% calories from fat); 3g Protein; 4g Carbohydrate; trace Dietary Fiber; 46mg Cholesterol; 74mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	45	Vitamin B6 (mg):	trace
% Calories from Fat:	39.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	38.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	22.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	7mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	46mg	% Refuse:	0.00%

Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	74mg
Potassium (mg):	72mg
Calcium (mg):	39mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	81IU
Vitamin A (r.e.):	23 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories	45	Calories from Fat: 18
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	4%
Cholesterol	46mg	15%
Sodium	74mg	3%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	1%
Protein	3g	

Vitamin A	2%
Vitamin C	3%
Calcium	4%
Iron	3%

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