

# Stuffed Ham Rolls

Ronald Sexton

*Gourmet Eating in South Carolina - (1985)*

*1 pound package cooked ham, sliced*  
*1 package (6 ounce) corn bread*  
*stuffing*  
*1 can (4 ounce) mushrooms, sliced*  
*1 package (2/3 ounce) mushroom*  
*gravy mix*

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Preheat the oven to 350 degrees.

In a bowl, prepare the corn bread stuffing mix as directed. Let cool for 15 minutes.

Place one slice of the ham on a flat surface.  
Place one large tablespoonful of stuffing at one end of the ham slice.

Roll up the ham slice and stuffing. Secure with a toothpick. Place the roll in a baking dish.  
Repeat for all of the ham slices.

Prepare the gravy according to package instructions. Add the mushrooms. Pour over the ham rolls. Cover.

Bake for 15 minutes.

Serve hot.

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Per Serving (excluding unknown items): 250 Calories; 14g Fat (52.6% calories from fat); 24g Protein; 5g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 1779mg Sodium. Exchanges: 3 1/2 Lean Meat; 0 Vegetable; 1 Fat.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	250	Vitamin B6 (mg):	.5mg
% Calories from Fat:	52.6%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	8.2%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	39.2%	Riboflavin B2 (mg):	.4mg

**Total Fat (g):** 14g  
**Saturated Fat (g):** 5g  
**Monounsaturated Fat (g):** 7g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 77mg  
**Carbohydrate (g):** 5g  
**Dietary Fiber (g):** trace  
**Protein (g):** 24g  
**Sodium (mg):** 1779mg  
**Potassium (mg):** 515mg  
**Calcium (mg):** 10mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 38mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Folacin (mcg):** 8mcg  
**Niacin (mg):** 8mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 3 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 250      **Calories from Fat:** 132

### % Daily Values\*

<b>Total Fat</b>	14g	22%
Saturated Fat	5g	23%
<b>Cholesterol</b>	77mg	26%
<b>Sodium</b>	1779mg	74%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	trace	1%
<b>Protein</b>	24g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		63%
<b>Calcium</b>		1%
<b>Iron</b>		9%

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