

Ham Loaf

Yield: 8 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-ham-loaf-recipe>

Ingredients:

- 1 pound ham cured, finely chopped
- 1/3 cup plain bread crumbs
- 1/4 cup buttermilk
- 3 1/2 tablespoons Dijon mustard
- 1 teaspoon ground sage
- 1/2 teaspoon curry powder
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 3 eggs lightly beaten
- 1 yellow onion small, minced
- black pepper
- kosher salt
- 1/2 cup dark brown sugar packed
- 3 tablespoons apple cider vinegar

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 110 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 14 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 910 milligrams
9. Sugar: 15 grams

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