

CHEESE SAUCES

## Ham & Cheese Meat Loaf Roll



BAY VALLEY  
F O O D S

# Ham & Cheese Meat Loaf Roll

16 Servings

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION
Ground beef	5 lb.	Mix the first eight ingredients together. Divide into four batches of equal weight.	<b>Per serving:</b> 507 calories
Minced onion	1 1/2 cups	Put waxed paper onto a half sheetpan. Flatten each batch of the mixture into a rectangle about a foot wide by a foot and a half long. Lay 3 oz. of the ham over each rectangle, leaving a border about 1-inch in width. Spread 1/3 cup of the cheese sauce over the ham on each rectangle.	31 g protein
Beaten eggs	4		13 g carbohydrate
Granulated garlic	1 tsp.	Roll the rectangles up jellyroll-style, rolling up the short side so the "loaves" are long and relatively narrow. Pinch the ends shut and gently pinch the seam on the bottom.	0.5 g fiber
Salt	2 tsp.		36 g fat
Black pepper	1/2 tsp.	Bake 40-50 minutes at 350°, until the internal temperature reaches 165°. Cut to order into half-inch thick slices, placing two per order on a spiral made from 1 oz. of hot cheese sauce.	13 g saturated fat
Breadcrumbs	3/4 cup		168 mg cholesterol
Ketchup	1/2 cup		1235 mg sodium
Sliced ham	12 oz.		
<b>Thank You Brand Mild Cheddar Cheese Sauce</b>	3 1/3 cups		

**CHEF'S TIP:**

• Be sure the ends and seams are well pinched, so the cheese sauce doesn't leak out.



**BAY VALLEY**  
F O O D S

© BAY VALLEY FOODS  
P. O. BOX 19057  
GREEN BAY, WI 54307-9057  
PHONE: 920-497-8335  
[www.bayvalleyfoods.com](http://www.bayvalleyfoods.com)