

Glazed Pork Loaf

Ingredients – Pork Loaf

- 1 1/2 lb pork, ground
- 1/3 cup onions, chopped
- 1/2 cup bread crumbs
- 1/2 cup milk
- 2 eggs, whole
- 1 1/2 tsp Worcestershire sauce
- 1/4 tsp paprika
- 1/4 tsp black pepper
- 1/4 tsp mustard powder
- 1/4 tsp sage



A lightly seasoned pork loaf with a sweet brown sugar glaze. This classic comfort food will please any crowd.

Ingredients – Glaze

- 1/3 cup brown sugar
- 1 tsp yellow mustard
- 2 Tbsp vinegar, apple cider
- 2 Tbsp water, cold

Directions

If necessary, thaw ground pork in the refrigerator. Preheat oven to 350 degrees.

Combine all ingredients except glaze ingredients in a mixing bowl. Mix on low speed until blended. Do not over mix. Press mixture into a loaf pan coated with non-stick vegetable spray.

Prepare the glaze by combining brown sugar, mustard, vinegar and water. Spread over the pork loaf.

Bake at 350 degrees for approximately 1 hour. At completion of cooking, the internal temperature of the meat loaf should register 160 degrees for 15 seconds.

Allow to cool at room temperature for about 15 minutes or until loaf is set. Slice and serve.

Yield 6 servings

Nutritional Information

Calories 391, Fat 26g, Carbohydrates 16g, Cholesterol 135mg, Sodium 166mg, Fiber <1g, Protein 22g

