

Joan Gusweiler's Crackerflitters

Jill Melton - Editor, Relish Magazine
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Yield: 12 flitters

2 sleeves stale saltines
water
1 egg
1 teaspoon vanilla extract (optional)
2 to 3 tablespoons vegetable
shortening
1/2 cup maple syrup

Place the saltines in a large bowl; cover with water. Let stand for 5 to 10 minutes. When the saltines are soggy, squeeze out the water by hand. Combine (squeezed and drained) the saltines, egg and vanilla, if using. Stir well with a fork.

In a large skillet, melt one tablespoon of shortening over medium-high heat. When hot, drop spoonfuls of the cracker mixture into the skillet, shaping into five-inch pancakes. Fry until brown and crispy on each side (about 3 minutes). Add more shortening to the skillet if necessary.

Serve hot with maple syrup.

A dish from the depression years.

Per Serving (excluding unknown items): 4177 Calories; 415g Fat (89.3% calories from fat); 6g Protein; 106g Carbohydrate; 0g Dietary Fiber; 212mg Cholesterol; 84mg Sodium. Exchanges: 1 Lean Meat; 82 1/2 Fat; 7 Other Carbohydrates.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	4177	Vitamin B6 (mg):	.1mg
% Calories from Fat:	89.3%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	10.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	415g	Folacin (mcg):	24mcg
Saturated Fat (g):	167g	Niacin (mg):	trace
Monounsaturated Fat (g):	184g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	46g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	212mg
Carbohydrate (g):	106g
Dietary Fiber (g):	0g
Protein (g):	6g
Sodium (mg):	84mg
Potassium (mg):	388mg
Calcium (mg):	188mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	244IU
Vitamin A (r.e.):	70RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	82 1/2
Other Carbohydrates:	7

Nutrition Facts

Amount Per Serving

Calories 4177 **Calories from Fat:** 3728

% Daily Values*

Total Fat 415g	639%
Saturated Fat 167g	834%
Cholesterol 212mg	71%
Sodium 84mg	4%
Total Carbohydrates 106g	35%
Dietary Fiber 0g	0%
Protein 6g	
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Vitamin A	5%
Vitamin C	0%
Calcium	19%
Iron	16%

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