

Zucchini and Walnut Sour Cream Pancakes

The Five Gables Inn - East Boothbay, ME
The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 24 pancakes

1 1/3 cups milk
1 cup sour cream
2 eggs
2 tablespoons butter, melted
2 cups pancake mix
1 cup zucchini, squeezed dry and grated
1/4 cup chopped walnuts

Copyright: James Stroman

In a bowl, combine the milk, sour cream, eggs and melted butter. Mix thoroughly. Add the pancake mix. Stir to combine. The mixture should be lumpy.

Pour onto a hot, lightly greased griddle or frying pan. Cook until bubbles appear and the underside is golden. Turn only once.

Serve with plenty of butter and warm syrup.

Per Serving (excluding unknown items): 2228 Calories; 123g Fat (49.2% calories from fat); 66g Protein; 218g Carbohydrate; 10g Dietary Fiber; 692mg Cholesterol; 3819mg Sodium. Exchanges: 12 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 2 Non-Fat Milk; 22 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	2228	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	49.2%	Vitamin B12 (mcg):	4.2mcg
% Calories from Carbohydrates:	39.0%	Thiamin B1 (mg):	1.7mg
% Calories from Protein:	11.8%	Riboflavin B2 (mg):	2.6mg
Total Fat (g):	123g	Folacin (mcg):	203mcg
Saturated Fat (g):	58g	Niacin (mg):	11mg
Monounsaturated Fat (g):	36g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	20g	Alcohol (kcal):	0
Cholesterol (mg):	692mg	% Deficit:	n n%
Carbohydrate (g):	218g	Food Exchanges	
Dietary Fiber (g):	10g	Grain (Starch):	12 1/2
Protein (g):	66g	Lean Meat:	2 1/2
Sodium (mg):	3819mg	Vegetable:	1/2

Potassium (mg): 2322mg
Calcium (mg): 1377mg
Iron (mg): 11mg
Zinc (mg): 6mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 4272IU
Vitamin A (r.e.): 1126 1/2RE

Fruit: 0
Non-Fat Milk: 2
Fat: 22 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2228 **Calories from Fat:** 1097

% Daily Values*

Total Fat 123g	189%
Saturated Fat 58g	289%
Cholesterol 692mg	231%
Sodium 3819mg	159%
Total Carbohydrates 218g	73%
Dietary Fiber 10g	40%
Protein 66g	
Vitamin A	85%
Vitamin C	30%
Calcium	138%
Iron	64%

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