

Gingerbread Pancakes

*The Greenbriar Inn, Couer d'Alene, ID
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 18 pancakes

2 1/2 cups flour
5 teaspoons baking powder
1 1/2 teaspoons salt
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 cup molasses
2 cups milk
2 eggs
6 tablespoons butter, melted
1 cup raisins

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In a bowl, combine the flour, baking powder, salt, baking soda, cinnamon, ginger, molasses, milk, eggs and butter.

Beat with an electric mixer until well blended. Stir in the raisins.

Drop on a hot griddle or skillet. Cook until bubbles form on the surface, then turn.

Per Serving (excluding unknown items): 2869 Calories; 99g Fat (30.5% calories from fat); 66g Protein; 441g Carbohydrate; 16g Dietary Fiber; 677mg Cholesterol; 8031mg Sodium. Exchanges: 16 Grain(Starch); 1 1/2 Lean Meat; 7 1/2 Fruit; 2 Non-Fat Milk; 17 1/2 Fat; 4 Other Carbohydrates.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	2869	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	30.5%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	60.4%	Thiamin B1 (mg):	3.0mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	2.9mg
Total Fat (g):	99g	Folacin (mcg):	162mcg
Saturated Fat (g):	57g	Niacin (mg):	21mg
Monounsaturated Fat (g):	29g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	677mg	% Refuse:	0.0%
Carbohydrate (g):	441g		

Food Exchanges

Dietary Fiber (g): 16g
Protein (g): 66g
Sodium (mg): 8031mg
Potassium (mg): 3547mg
Calcium (mg): 2342mg
Iron (mg): 27mg
Zinc (mg): 6mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 3723IU
Vitamin A (r.e.): 971 1/2RE

Grain (Starch): 16
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 7 1/2
Non-Fat Milk: 2
Fat: 17 1/2
Other Carbohydrates: 4

Nutrition Facts

Amount Per Serving

Calories 2869 **Calories from Fat:** 876

% Daily Values*

Total Fat 99g	152%
Saturated Fat 57g	285%
Cholesterol 677mg	226%
Sodium 8031mg	335%
Total Carbohydrates 441g	147%
Dietary Fiber 16g	65%
Protein 66g	
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Vitamin A	74%
Vitamin C	17%
Calcium	234%
Iron	150%

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