



Baked Chestnuts



Gluten Free



Dairy Free

READY IN



530 min.

SERVINGS



16

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



8 slices bacon cut in half crosswise



0.5 cup brown sugar



16 honey whole jarred canned



1 pinch garlic powder



1 pinch ground pepper black



0.3 cup catsup



2 tablespoons soya sauce



1.5 tablespoons vinegar

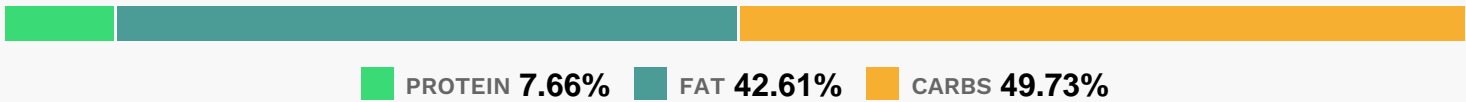
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ toothpicks
- ☐ ziploc bags

Directions

- ☐ Place the ketchup, soy sauce, vinegar, black pepper, and garlic powder in a resealable plastic bag, and add the chestnuts. Squeeze the bag several times to mix the ingredients, and squeeze air out of the bag. Seal the bag, and marinate the chestnuts overnight.
- ☐ The next day, preheat oven to 400 degrees F (205 degrees C). Line a baking sheet with parchment paper.
- ☐ Remove chestnuts from the marinade, and shake off excess marinade. Wrap each chestnut in half a bacon slice, and secure with a toothpick.
- ☐ Place brown sugar into a shallow bowl, and roll each wrapped chestnut in brown sugar.
- ☐ Place the appetizers onto the prepared baking sheet.
- ☐ Bake chestnuts in the preheated oven until the bacon is crisp and the brown sugar is bubbling, about 20 minutes. Allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:2.02, Inflammation Score:-1, Nutrition Score:1.688695654597%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 93.9kcal (4.7%), Fat: 4.48g (6.89%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 11.73g (4.26%), Sugar: 7.51g (8.34%), Cholesterol: 7.26mg (2.42%), Sodium: 234.65mg (10.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin C: 3.53mg (4.28%), Vitamin B6: 0.07mg (3.61%), Vitamin B3: 0.69mg (3.43%), Selenium: 2.35µg (3.35%), Vitamin B1: 0.04mg (2.95%), Manganese: 0.05mg (2.52%), Potassium: 87.07mg (2.49%), Copper: 0.05mg (2.47%), Phosphorus: 23.3mg (2.33%), Magnesium: 5.88mg (1.47%), Folate: 5.69µg (1.42%), Iron: 0.24mg (1.34%), Zinc: 0.19mg (1.26%), Vitamin B5: 0.12mg (1.2%), Vitamin B2: 0.02mg (1.17%)