

SIDE DISH

Blanched Brussels Sprouts with Chestnuts

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
90 min	40 min	50 min	6	\$1.54	238 kcal



Blanched Brussels Sprouts with Chestnuts takes around 1 hour and 30 minutes from beginning to end. This side dish has 238 calories, 4g of protein, and 7g of fat per serving. This recipe serves 6 and costs \$1.54 per serving. 1 person has tried and liked this recipe.

Ingredients

- ☐ 1 pound Brussels sprouts, stems trimmed
- ☐ 1 pound whole chestnuts
- ☐ 6 servings Salt and pepper
- ☐ 3 tablespoons butter
- ☐ 1 pinch Pinch nutmeg
- ☐ 2 shallots, minced

EQUIPMENT Frying pan, Knife, Pot

Method

- 1 Watch how to make this recipe.
- 2 Use a paring knife to cut an X in the flat side of each chestnut shell. Toss into a pot of boiling water and cook for 10 minutes. Peel away the outer shell and brown skin. Return the peeled chestnuts to the pot of water and boil until tender, about 25 minutes.
- 3 Blanch the Brussels sprouts in boiling salted water for about 8 minutes or until they are just tender. Take care not to over cook.
- 4 Drain the Brussels sprouts well and cut in half lengthwise. Melt butter in a skillet and saute the shallots.
- 5 Add the chestnuts and Brussels sprouts, toss to coat with the butter. Season with salt, pepper and nutmeg. Cook for 5 minutes until heated through

Nutrition per serving

238

KCAL

4 g

PROTEIN

7 g

FAT

42 g

CARBS

Saturated Fat	3.9 g · 24% of daily needs
Fibre	3.2 g · 13% of daily needs
Sugar	2.4 g · 3% of daily needs
Sodium	260 mg · 11% of daily needs
Cholesterol	15.1 mg · 5% of daily needs
Vitamin C	95.3 mg · 116% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/brussels-sprouts-with-chestnuts-148287](https://www.whatsheate.com/brussels-sprouts-with-chestnuts-148287)