



Braised Chestnut and Pearl Onion Confit

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large celery stalks sliced
- ☐ 0.5 cup chicken broth
- ☐ 3 tablespoons wine dry white
- ☐ 1 sprig thyme sprigs fresh
- ☐ 10 ounces pearl onions red (preferably)
- ☐ 2 cups roasted fresh shelled (1 pound in shell)
- ☐ 0.5 cup shallots coarsely chopped
- ☐ 6 tablespoons butter unsalted

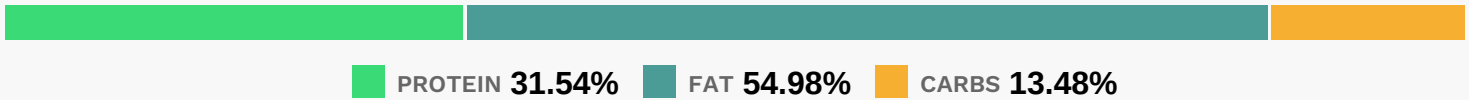
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Blanch onions in a large saucepan of boiling water 3 minutes, then drain and transfer to a bowl of ice and cold water.
- ☐ Drain onions and peel.
- ☐ Cook chestnuts in 3 tablespoons butter in a large saucepan over moderately low heat, stirring occasionally, 2 minutes.
- ☐ Add broth and celery and cook at a bare simmer, stirring occasionally, until liquid is reduced to about 1/4 cup, about 10 minutes.
- ☐ While chestnuts are cooking, heat remaining 3 tablespoons butter in a 10-inch heavy skillet over moderately high heat until foam subsides, then sauté shallots and peeled onions with thyme and salt and pepper to taste, stirring, until onions are tender and golden brown in patches.
- ☐ Add wine and simmer until slightly reduced, about 2 minutes.
- ☐ Gently stir onion mixture into chestnut mixture and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:2.73, Inflammation Score:-7, Nutrition Score:16.081738865894%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.4mg, Quercetin: 14.4mg, Quercetin: 14.4mg, Quercetin: 14.4mg

Nutrients (% of daily need)

Calories: 367.88kcal (18.39%), Fat: 22.01g (33.85%), Saturated Fat: 12.3g (76.9%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 9.92g (3.61%), Sugar: 5.61g (6.23%), Cholesterol: 120.26mg (40.09%), Sodium: 177.82mg (7.73%), Alcohol: 1.16g (100%), Alcohol %: 0.52% (100%), Protein: 28.41g (56.81%), Vitamin B6: 1.09mg (54.44%), Selenium: 33.82µg (48.32%), Vitamin B1: 0.58mg (38.85%), Vitamin B3: 7.03mg (35.17%), Phosphorus: 313.44mg (31.34%), Potassium: 669.71mg (19.13%), Zinc: 2.43mg (16.19%), Vitamin B2: 0.27mg (16.16%), Magnesium: 46.51mg (11.63%), Manganese: 0.22mg (11%), Vitamin A: 548.84IU (10.98%), Vitamin B5: 1.09mg (10.91%), Vitamin B12: 0.64µg (10.75%), Vitamin C: 8.07mg (9.79%), Fiber: 2.22g (8.87%), Iron: 1.25mg (6.92%), Copper: 0.13mg (6.63%), Folate: 25.1µg (6.27%), Vitamin D: 0.79µg (5.25%), Vitamin E: 0.68mg (4.56%), Calcium: 42.2mg (4.22%), Vitamin K: 2.62µg (2.5%)