



WHATSheATE



Caramelized Chestnuts & Brussels Sprouts in a Cider Vinegar Glaze



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 2 pound brussels sprouts trimmed cut in half
- ☐ 1 pound honey fresh
- ☐ 0.3 cup chicken stock see
- ☐ 1 cup cider vinegar
- ☐ 0.3 cup granulated sugar
- ☐ 1 pinch kosher salt black
- ☐ 1 tablespoon olive oil

☐ 4 tablespoon butter unsalted divided

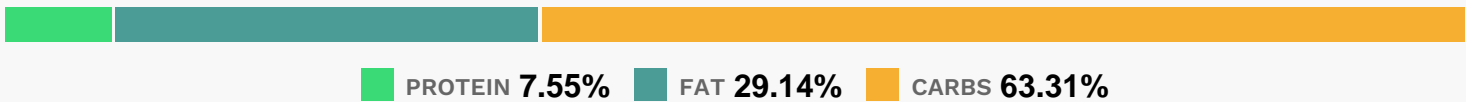
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Heat oven to 400 degrees. Using a paring knife or a chestnut knife, cut a large X into the shell of each chestnut on one side. Arrange on a baking pan in a single layer, cut side up. Roast until flesh is tender, and the peels begin to open, about 20 to 25 minutes.
- ☐ Remove from oven.Using gloved hands if necessary, immediately remove and discard shells from still warm chestnuts, keeping chestnuts whole if possible. Set chestnuts aside.Melt 2 tablespoons butter with the oil in a large saute pan set over medium-high heat.
- ☐ Add Brussels sprouts cut sides down; season with salt and pepper to taste. Cook, shaking the pan once in a while, and turning them over once or twice until golden, about 12 to 15 minutes.
- ☐ Add roasted chestnuts. Cook, gently stirring occasionally, until Brussels sprouts are tender and spotted deep brown, about 15 minutes.They may be made ahead to this point and kept aside at room temperature for several hours. Do not refrigerate or they will get mushy.Just before serving.
- ☐ Add vinegar, sugar, remaining butter cut into small pieces and stock. Cook over medium-high heat, stirring occasionally, until liquid has been reduced to a syrup and the vegetables are nicely glazed, 5 or 6 minutes.
- ☐ Transfer to a serving dish, and serve.

Nutrition Facts



Properties

Glycemic Index:28.51, Glycemic Load:19.87, Inflammation Score:-8, Nutrition Score:19.693912957673%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 258.62kcal (12.93%), Fat: 8.59g (13.21%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 41.97g (13.99%), Net Carbohydrates: 37.66g (13.69%), Sugar: 8.97g (9.97%), Cholesterol: 15.27mg (5.09%), Sodium: 42.57mg (1.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Vitamin K: 202.29µg (192.66%), Vitamin C: 119.2mg (144.48%), Manganese: 0.65mg (32.46%), Folate: 102.65µg (25.66%), Vitamin B6: 0.45mg (22.64%), Potassium: 747.21mg (21.35%), Vitamin A: 1044.99IU (20.9%), Fiber: 4.31g (17.25%), Copper: 0.32mg (16.23%), Vitamin B1: 0.24mg (16.15%), Iron: 2.21mg (12.29%), Magnesium: 45.05mg (11.26%), Phosphorus: 105.91mg (10.59%), Vitamin E: 1.41mg (9.43%), Vitamin B3: 1.59mg (7.96%), Vitamin B2: 0.12mg (7.12%), Vitamin B5: 0.63mg (6.28%), Calcium: 62.53mg (6.25%), Zinc: 0.78mg (5.22%), Selenium: 2.12µg (3.02%)