



Castagnaccio with Red Grapes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



891 kcal

SIDE DISH

Ingredients

- ☐ 2 cups chestnut flour
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 cups milk
- ☐ 2 cups grapes red seedless
- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons virgin olive oil
- ☐ 0.3 cup walnut pieces

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ In a large mixing bowl, place flour, sugar and walnuts.
- ☐ Add 1/2 cup cold milk and slowly add rest of milk, stirring constantly to avoid lumps to form in batter. Grease pan with 1 tablespoon oil and pour in batter.
- ☐ Drizzle top with remaining oil and distribute rosemary evenly over top.
- ☐ Bake for 45 minutes, or until a toothpick pierced in the center comes out clean.
- ☐ While castagnaccio is cooking, place grapes and sugar in a small saucepan over medium heat. Cook until quite soft and bubbly, about 10 minutes.
- ☐ Remove castagnaccio and serve either warm or cool with grape sauce.

Nutrition Facts



Properties

Glycemic Index:61.05, Glycemic Load:47.33, Inflammation Score:-5, Nutrition Score:13.639130488686%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 890.78kcal (44.54%), Fat: 20.37g (31.34%), Saturated Fat: 4.58g (28.63%), Carbohydrates: 168.62g (56.21%), Net Carbohydrates: 156.42g (56.88%), Sugar: 98.25g (109.17%), Cholesterol: 15.82mg (5.27%), Sodium: 78.55mg (3.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.88%), Vitamin C: 46.26mg (56.07%), Fiber: 12.19g (48.77%), Iron: 4.13mg (22.95%), Calcium: 209.98mg (21%), Phosphorus: 164.28mg (16.43%), Manganese: 0.32mg (16%), Vitamin K: 15.8µg (15.05%), Vitamin B2: 0.24mg (14.37%), Copper: 0.22mg (11.02%), Vitamin B12: 0.66µg (10.98%), Potassium: 367.32mg (10.49%), Vitamin B1: 0.15mg (9.71%), Vitamin B6: 0.18mg (9.1%), Vitamin D: 1.34µg (8.95%), Vitamin E: 1.26mg (8.42%), Magnesium: 32.39mg (8.1%), Vitamin A: 345.6IU (6.91%), Vitamin B5: 0.54mg (5.43%), Zinc: 0.79mg (5.29%), Selenium: 3.09µg (4.41%), Folate: 9.77µg (2.44%), Vitamin B3: 0.36mg (1.81%)