



Chestnut and Potato Purée



Vegetarian



Gluten Free



Low Fod Map

READY IN



4500 min.

SERVINGS



12

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 16 ounces bottled roasted chestnuts whole peeled
- ☐ 1 quartt half-and-half
- ☐ 2.5 teaspoons salt
- ☐ 1 turkish or
- ☐ 0.5 cup butter unsalted
- ☐ 3 pounds yellow-fleshed potatoes such as yukon gold (8 medium)

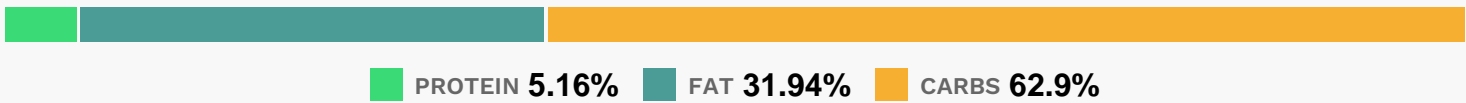
Equipment

- ☐ oven
- ☐ knife
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ potato ricer

Directions

- ☐ Preheat oven to 450°F.
- ☐ Prick each potato in a few places with a fork, then divide potatoes into 3 groups and wrap each group in foil.
- ☐ Bake in oven until tender when pierced with a sharp knife, 1 1/4 to 1 1/2 hours.
- ☐ While potatoes bake, melt butter in a 4- to 5-quart heavy pot over moderately low heat, then cook chestnuts, stirring, 5 minutes.
- ☐ Add half-and-half, bay leaf, salt, and pepper and gently simmer, covered, until chestnuts are very tender and cream is infused with bay leaf, 15 to 20 minutes. Discard bay leaf, then transfer chestnuts with a slotted spoon to a blender.
- ☐ Add enough cooking liquid to purée chestnuts easily, then purée until smooth (use caution when blending hot liquids). Return purée to pot with remaining liquid and stir together. Keep warm over very low heat.
- ☐ Holding them with a kitchen towel to protect your hands, carefully unwrap and peel potatoes, a few at a time, and push through ricer into chestnut mixture. Stir to combine (mixture will continue to thicken) and season to taste.

Nutrition Facts



Properties

Glycemic Index:14.15, Glycemic Load:23.53, Inflammation Score:-4, Nutrition Score:8.9517391388831%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 229.67kcal (11.48%), Fat: 8.26g (12.71%), Saturated Fat: 4.98g (31.15%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 34.07g (12.39%), Sugar: 0.89g (0.99%), Cholesterol: 20.36mg (6.79%), Sodium: 493.15mg (21.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Vitamin C: 37.54mg (45.5%), Vitamin B6: 0.47mg (23.42%), Potassium: 664.54mg (18.99%), Manganese: 0.32mg (15.94%), Copper: 0.28mg (14.2%), Fiber: 2.53g (10.11%), Folate: 40.39µg (10.1%), Vitamin B1: 0.15mg (9.72%), Magnesium: 37.86mg (9.46%), Phosphorus: 81.56mg (8.16%), Vitamin B3: 1.62mg (8.09%), Iron: 1.26mg (7.01%), Vitamin B5: 0.53mg (5.28%), Vitamin A: 249.95IU (5%), Zinc: 0.53mg (3.51%), Vitamin K: 3.02µg (2.88%), Vitamin B2: 0.05mg (2.7%), Calcium: 24.07mg (2.41%), Vitamin E: 0.23mg (1.55%)