



Chestnut and Sharp Cheddar Crostini

READY IN



75 min.

SERVINGS



10

CALORIES



416 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons suya seasoning mix
- ☐ 20 slices crusty baguette with butter and toasted thin
- ☐ 0.8 lb pie crust dough
- ☐ 0.3 cup honey
- ☐ 10 servings salt and pepper
- ☐ 20 watercress
- ☐ 5 ounces cheddar cheese white extra-sharp thinly sliced

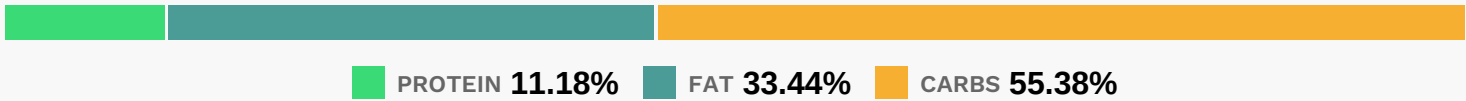
Equipment

- ☐ knife
- ☐ microwave

Directions

- ☐ Cut an X through shell on flat side of each chestnut with a small, sharp knife. Simmer chestnuts in water, covered, until tender and sweet (peel one to check), 18 to 20 minutes.
- ☐ Remove from heat and leave in hot water. Take out a few at a time; let stand just until cool enough to touch. Pull off outer shell and inner brown skin with fingers or a knife.
- ☐ Microwave honey with pickling spice until boiling; let cool.
- ☐ Top baguette slices with cheese, watercress, and chestnuts (save extras for another use). Rewarm honey slightly; discard large, round allspice. Spoon honey with remaining spices over crostini.
- ☐ Add salt and pepper to taste.
- ☐ Serve with plenty of napkins.

Nutrition Facts



Properties

Glycemic Index:18.8, Glycemic Load:26.09, Inflammation Score:-5, Nutrition Score:11.917826214562%

Flavonoids

Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 416.25kcal (20.81%), Fat: 15.48g (23.81%), Saturated Fat: 5.86g (36.63%), Carbohydrates: 57.69g (19.23%), Net Carbohydrates: 55.04g (20.01%), Sugar: 12.37g (13.74%), Cholesterol: 14.17mg (4.72%), Sodium: 822.67mg (35.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.28%), Vitamin B1: 0.47mg (31.58%), Manganese: 0.51mg (25.62%), Folate: 98.01µg (24.5%), Selenium: 17.11µg (24.45%), Vitamin B2: 0.34mg (19.86%), Iron: 3.53mg (19.62%), Vitamin B3: 3.89mg (19.47%), Calcium: 192.82mg (19.28%), Phosphorus: 153.33mg (15.33%), Vitamin K: 15.87µg (15.12%), Fiber: 2.65g (10.58%), Zinc: 1.23mg (8.22%), Magnesium: 28.88mg (7.22%), Copper: 0.12mg (5.98%), Vitamin B6: 0.11mg (5.45%), Vitamin B5: 0.46mg (4.61%), Vitamin A: 222.96IU (4.46%), Vitamin E: 0.65mg (4.32%), Potassium: 148.21mg (4.23%), Vitamin B12: 0.15µg (2.5%), Vitamin C: 0.94mg (1.14%)