



Chestnut Soup with Pine Nuts and Currants



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



505 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup celery chopped
- ☐ 3 pounds chestnuts) fresh
- ☐ 0.3 cup currants dried
- ☐ 7 cups fat-skimmed chicken broth
- ☐ 2 teaspoons fennel seed
- ☐ 1 cup half-and-half light cream
- ☐ 1.5 tablespoons olive oil
- ☐ 1 cup onion chopped

- ☐ 0.3 cup pinenuts
- ☐ 8 servings salt and pepper

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ pot holder

Directions

- ☐ Cut an X about 1/2 inch long through the flat side of each chestnut shell.
- ☐ Place nuts in a 12- by 17-inch pan.
- ☐ Bake in a 400 oven until shells begin to split open and nuts are slightly soft (break 1 open to test), 25 to 30 minutes. Hold 1 hot nut at a time in a soft potholder and squeeze to loosen shell. Pull off shell and brown skin; use a small, sharp knife to pull bits of skin from crevices. Discard any moldy or hard, dried nuts.
- ☐ Meanwhile, in a 5- to 6-quart pan over medium-high heat, frequently stir onion, celery, and fennel seed in 1 tablespoon oil until vegetables are limp, 8 to 10 minutes.
- ☐ Add broth and chestnuts; bring to a boil over high heat. Reduce heat, cover, and simmer until chestnuts mash easily, about 40 minutes.
- ☐ Whirl mixture, a portion at a time, in a blender or food processor until smooth.
- ☐ Return pure to pan and add half-and-half. Stir over medium-high heat until steaming, about 3 minutes (about 8 minutes if chilled).
- ☐ Meanwhile, in a 10- to 12-inch frying pan over medium heat, frequently stir currants and pine nuts in remaining 1/2 tablespoon oil until nuts are golden, 3 to 5 minutes.
- ☐ Pour into a small bowl.

Ladle soup into bowls and top equally with currant–pine nut mixture. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:41.86, Inflammation Score:-7, Nutrition Score:18.950000223906%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 504.71kcal (25.24%), Fat: 17.33g (26.67%), Saturated Fat: 6.77g (42.28%), Carbohydrates: 82.82g (27.61%), Net Carbohydrates: 81.72g (29.72%), Sugar: 4.3g (4.78%), Cholesterol: 33.16mg (11.05%), Sodium: 1033.14mg (44.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Vitamin C: 70.78mg (85.79%), Manganese: 1.06mg (52.9%), Copper: 0.84mg (41.88%), Vitamin B6: 0.69mg (34.39%), Potassium: 1042.55mg (29.79%), Folate: 112.07µg (28.02%), Vitamin B1: 0.3mg (20.16%), Magnesium: 72.63mg (18.16%), Vitamin B3: 3.35mg (16.74%), Phosphorus: 144.69mg (14.47%), Iron: 2.38mg (13.22%), Vitamin B5: 1.2mg (11.96%), Zinc: 1.31mg (8.71%), Vitamin K: 8.59µg (8.18%), Vitamin A: 409.13IU (8.18%), Calcium: 81.29mg (8.13%), Vitamin B2: 0.14mg (8.04%), Vitamin B12: 0.46µg (7.62%), Vitamin E: 1.08mg (7.18%), Selenium: 4.73µg (6.76%), Fiber: 1.1g (4.38%), Vitamin D: 0.18µg (1.19%)