



Chestnuts in Cognac & vanilla syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



2

CALORIES



2081 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 orange zest grated



1 lemon zest grated



500 g granulated sugar



1 vanilla pod split



2 cinnamon sticks



100 ml cognac



1 kg honey cooked peeled fine (vacuum-packed are)

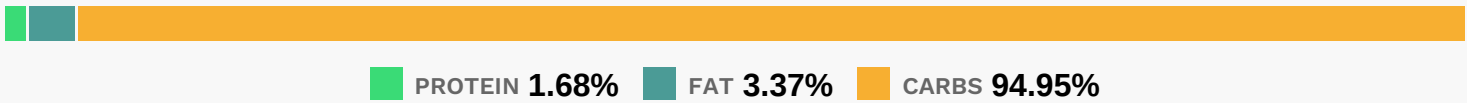
Equipment

☐ frying pan

Directions

- ☐ Put the zests, sugar, vanilla pod, cinnamon sticks and 400ml water in a large pan. Bring to the boil, then reduce the heat and simmer gently for 20 mins. Leave to cool, then add the Cognac.
- ☐ Pack the chestnuts into sterilised jars (see tip, below), then pour over the syrup to cover. Seal and label. Keep in a cool, dry place for at least 1 week before eating. Store in a cool, dry place for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:72.05, Glycemic Load:293.83, Inflammation Score:-9, Nutrition Score:33.890869283158%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 2081.42kcal (104.07%), Fat: 7.49g (11.52%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 475.28g (158.43%), Net Carbohydrates: 472.46g (171.8%), Sugar: 249.7g (277.45%), Cholesterol: 0mg (0%), Sodium: 13.72mg (0.6%), Alcohol: 16.94g (100%), Alcohol %: 2.63% (100%), Protein: 8.42g (16.85%), Vitamin C: 213.16mg (258.38%), Manganese: 2.31mg (115.52%), Copper: 2.14mg (106.91%), Vitamin B6: 1.78mg (89.09%), Folate: 292.4µg (73.1%), Potassium: 2458.62mg (70.25%), Vitamin B1: 0.73mg (48.85%), Magnesium: 153.87mg (38.47%), Iron: 5.21mg (28.94%), Vitamin B3: 5.63mg (28.15%), Vitamin B5: 2.43mg (24.32%), Phosphorus: 195.89mg (19.59%), Zinc: 2.58mg (17.21%), Calcium: 146.25mg (14.63%), Fiber: 2.81g (11.25%), Vitamin B2: 0.14mg (8.16%), Vitamin A: 167.02IU (3.34%), Selenium: 1.69µg (2.41%), Vitamin K: 1.09µg (1.04%)