



Chestnuts with Grapes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

SIDE DISH

Ingredients

- 1.3 lb honey peeled
- 3 cups fat-skimmed chicken broth
- 3 cups grapes green seedless
- 0.3 pound sausage italian
- 1 teaspoons olive oil

Equipment

- food processor
- bowl

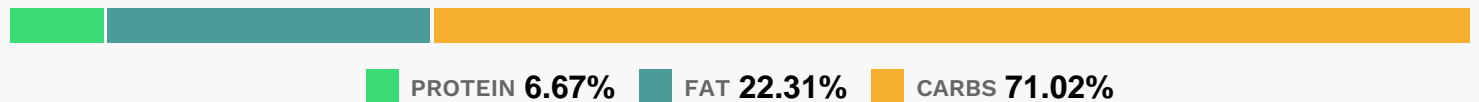
frying pan

blender

Directions

- In a 5- to 6 quart pan, combine the chestnuts, 1 cup grapes, and 2 cups chicken broth.
- Remove sausage from casing and crumble into pan.
- Bring to a boil over high heat, cover, and simmer over medium heat until chestnuts are very soft and mash easily, about 30 minutes.
- Drain broth into a glass measure and add enough more broth to make 2 cups.
- Whirl chestnut mixture in a food processor until smoothly pureed, then whirl in enough broth to give mixture the consistency of softly mashed potatoes. Or whirl mixture, a portion at a time, in a blender, adding enough broth to facilitate pureing, then more for the desired consistency. Chestnuts continue to thicken as they stand.
- Return pure to pan and stir over medium heat until steaming, 2 to 3 minutes; keep warm.
- In 10- to 12-inch frying pan over high heat, melt butter and add remaining grapes. Swirl just until fruit is warm and brighter green, about 1 1/2 minutes.
- Scrape chestnut pure into a deep bowl and pour grapes on top.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:22.54, Inflammation Score:-3, Nutrition Score:9.1669565439224%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 244.11kcal (12.21%), Fat: 6.12g (9.42%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 43.34g (15.76%), Sugar: 8.9g (9.89%), Cholesterol: 10.77mg (3.59%), Sodium: 454.43mg (19.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin C: 32.49mg (39.38%), Copper: 0.42mg (20.77%), Vitamin B6: 0.37mg (18.46%), Vitamin B1: 0.23mg (15.63%), Manganese: 0.31mg (15.59%), Potassium: 535.46mg (15.3%), Folate: 46.97µg (11.74%), Vitamin B3: 1.88mg (9.38%), Vitamin K: 8.57µg (8.16%), Selenium:

5.44µg (7.78%), Magnesium: 29.48mg (7.37%), Phosphorus: 69.54mg (6.95%), Iron: 1.2mg (6.69%), Vitamin B5: 0.56mg (5.63%), Vitamin B2: 0.09mg (5.5%), Vitamin B12: 0.3µg (4.99%), Zinc: 0.68mg (4.54%), Calcium: 25.99mg (2.6%), Fiber: 0.51g (2.04%), Vitamin E: 0.18mg (1.2%), Vitamin A: 57.03IU (1.14%)